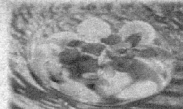


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VOLUME 15, NUMBER 65

WEDNESDAY, SEPTEMBER 2, 1998

FIFTY CENTS

Police cash in on mistake of alleged robber

By Scott Kelly
Staff writer

Plenty of witnesses plus a would-be bank robber's own mistake helped police quickly catch him shortly after he allegedly committed the deed. Police on Friday afternoon arrested James L. Lindell, 42, of Granite City after conducting a rapid search near Magna Bank, 1560 Edison, immediately following the robbery.

U.S. Attorney Charles Grace has filed federal charges against Lindell. If convicted, he faces up to 10 years in prison, a \$250,000 fine or both.

A bond hearing is set for Thursday in U.S. District Court in East St. Louis.

"We were pretty much on his heels (by) talking to witnesses," said Maj. Kip Fomeroy, assistant police chief. "We were hot on his trail."

According to police reports, the suspect came to Magna Bank to cash a \$12.19 payroll check that had his listed address on it although it was incorrect. After cashing the check, the teller told police she walked just outside the teller's window area to double count the

See POLICE, Page 6A

Extension opening slated for October

I-255 project expected to draw development, ease traffic

By Scott Cousins
Staff writer

While a definite date has not been set, the next leg of Interstate 255 is about to open.

The \$48 million highway extension is expected to have a major impact on development in the area.

James Easterly, regional director of the Illinois Department of Transportation, said the newest section — from I-270 to Illinois 143 — should

open in early October.

"We still have work to do out there that is weather related, so we have not picked an opening date yet," he said.

"There is a significant amount of striping, guard rail and shoulder work, and contracts allow until Oct. 1 to finish."

The River Bend Growth Association and the Leadership Council

See EXTENSION, Page 5A



Above, Stan Lucas of Maryville checks out some art during the Salute to Masters at Longacre Park in Fairview Heights. Below, Wendy and Stephanie Martychenko of O'Fallon look at the children's tent.

T.L. Witt photos

Crowds canvass Salute Event proves masterful

By Becky Garrison
Staff writer

Community support, good weather and a variety of art and entertainment drew large

FAIRVIEW HEIGHTS crowds to the 11th Annual

Salute to the Masters Art Festival last weekend. From the Prevue Party Friday night until the last act played on the Classic Stage Sunday, both attendees and participants

See EVENT, Page 7A



Deal ends strike here

By Dave Whaley
Staff writer

Most area mechanics were back at work Tuesday morning at area auto dealers.

An agreement was reached Friday night in the talks between striking Machinists and the St. Clair-Madison County Automotive Dealers Association. About 200 mechanics met Sunday morning at the Machinists' labor temple in Caseyville and ratified the agreement.

There is still no agreement in the talks between Local 313 and the Belleville New Car Dealers Association. The machinists had gone out on strike against both organizations on Aug. 3.

"We're happy it's over and we'll be able to serve all of our customers beginning Tuesday morning," said Sam Roberts of Roberts Ford in Alton. Kevin Steinacher, a journeyman mechanic with the union, said the agreement is a three-year deal with hourly wage increases of 79 cents on Aug. 1, 1998; 65 cents on Aug. 1, 1999; and 60 cents on Aug. 1, 2000. The union had reported previous offers included

See STRIKE, Page 8A

Labor Jam touting unions, political involvement, fun

By Scott Kelly
Staff writer

Hundreds are expected to celebrate the union label in style at this weekend's Labor Jam 1998.

MADISON COUNTY Members of the Young Democrats of Madison County and the Greater Madison County Federation of Labor

are inviting all to come out and show their union support and get registered to vote.

"We believe in union and labor — that's the backbone of this country," said Scott Pyle, co-chairman of the event along with Mickie Holliday Jr., president of the Young Democrats.

"It's also to try to get young people involved in politics and register to vote," Pyle said, which isn't an easy

thing to do.

Proceeds from the Labor Jam will also go toward building a park in Alton, he said.

This is the second year for the Labor Jam, but it is set for an earlier date.

"(Last year) we had it in October, but it was cold and rainy," Pyle said. But the weather did not detract from the event's success.

Several Democrat candidates for office or their representatives are scheduled to appear, including Jo Poshard, wife of Rep. Golin Poshard, candidate for governor; representatives of U.S. Sen. Carol Mosely-Braun's campaign; Jesse White, candidate for secretary of state; State Sen. Evelyn Bowles; State Reps. Steve Davis and Jay Hoffman; Bob Daiber, running for

the 110th District seat; Kiristi Vetri, running for the 50th District state senate seat; and Michael "Doc" Holliday Sr., Kenny Myers and Mike Fruth, all candidates for the Madison County Board.

Entertainment planned includes all-day bingo inside the Brass Lamp Lounge, local food vendors, speeches

See LABOR, Page 5A

Granite City Journal

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For Updated Forecasts Call 426-5555

John Fuller, Meteorologist, KSDK-News Channel 5

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By Scott Cousins
Staff writer

If someone came dragging into work Tuesday morning, there is a good chance that they were

at a video store late the night before. The long-anticipated video release of "Titanic" brought out large crowds waiting for the start of sales at midnight.

At Blockbuster Video in Granite City, a line of about 100 people wormed its way through new releases and past the Nintendo and Sega game cartridges.

Tia Rulo was one of those. Like most of the people

Thanks to video, the hype will go on

'Titanic' release draws late crowd

there, she planned to buy a copy of the movie. But unlike many, she had only seen it once.

"I can't sit in a theater for three hours with kids behind me kicking and screaming," she said. "I can go home and watch it on the big screen and relax."

She also said getting up the next morning would probably be a problem.

"I'm going to stay up and watch it all," she said.

Jamie Nemeth said she had dragged husband Kirk out to buy their copy of the movie.

"She's seen it like five times," he said.

"Four times," she corrected. Kyle McGuire was also there to buy his copy.

But for him, it goes a little deeper than the movie.

"I'm obsessed with Titanic," he said. "I love it, it's been a childhood thing. The movie just added to it."

He said the movie gave

See VIDEO, Page 6A

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5 named campaign leaders

Group to head United Way fund-raising here

Five campaign leaders for the 1998 Tri-Cities Area United Way fund-raising campaign are in place.

Chairperson Dan Brown has announced the campaign leaders who will play key roles in a campaign for the Tri-Cities area that includes Granite City, Madison, Venice, Pontoon Beach and Mitchell.

The United Way campaign officially kicks off at 7:30 a.m. Sept. 10 with a breakfast celebration at the AMVETS Hall in Madison. The campaign goal will be announced at the breakfast.

Volunteers are the key to our success," Brown said. "United Way is fortunate this year to have a bumper crop of dedicated, top-quality leadership for this year's campaign effort." The community leaders will be assisting Brown during the campaign, which lasts until the end of October. Last year, the campaign exceeded its goal of raising \$1.2 million.

The campaign leaders include:

Mark Holshouser — chief executive officer of Granite City Steel Company & Federal Credit Union. Holshouser serves on the boards of the Tri-Cities Chamber of Commerce, the Tri-Cities Area United Way and the Midstates Corporate Federal Credit Union in Chicago.

He is also a member of the Granite City Optimists Club, the Granite City Scholarship Club and the Edwardsville Ice Hockey Club. He and his wife, Deanne, live in Edwardsville.

Al Hudzik — vice president of Magna Bank NA, Trust Division. Hudzik, the former city controller of the city of Madison, has been active in the United Way for many years, including serving



Brown



Hudzik



Holshouser



Maxwell



Lepping

as campaign chairman.

He is a member of the Tri-Cities Area Chamber of Commerce, served on the Trails West Boy Scout Council and has been a member of the Tri-Cities Chapter of the American Red Cross. He is vice president of the Granite City Rotary Club.

Robert Maxwell — administrator, public relations for National Steel Corp., Granite City Division. Maxwell is an active member and past president of the Granite City Rotary Club, past chairman of the Belleville Area College Board of Trustees and a former board member of the Granite City School District.

He serves on the Executive Committee for the Tri-Cities Area United Way and was campaign chairman in 1995. Maxwell is a Tri-City Area YMCA board member and serves on the Edwardsville School Board. Maxwell and his wife, Jean, live in Edwardsville.

Gianny Lepping — executive vice president, Providence Occupational Health Services. Lepping was the 1997 campaign chairperson and a member of the American Board of Occupational Health Nurses and of the International

Commission of Occupational Health. She has served as a volunteer with Operation Food Search and Friends of the Vietnam Veterans Memorial. She currently serves on the board of the River Bluffs Girl Scout Council.

Rosemarie Brown — president, Van Arch & Associates, a public relations and advertising firm. Brown serves on the boards of Southwestern Illinois Tourism & Convention Bureau, Southwestern Illinois Regional Senior Olympics and on various committees of the Tri-Cities Area United Way.

She is chairperson of the Granite City Rotary Community Service Committee and co-chair of the Granite City Rotary annual mayor prayer breakfast. Brown also is a member of the St. Elizabeth Medical Center Advisory Board, chairperson of Gov. Jim Edgar's Ethics Committee, past president of the Granite City Rotary Club and a Paul Harris Fellow Rotary Award Winner. Brown and her husband, Dan, live in Granite City.

For more information on the kickoff, call the Tri-Cities Area United Way office at 877-8780.

Three youngsters to be honored at Busch Stadium

Local girl recognized today

Kati Long of Granite City, Grant Wallace of St. Charles and Adrienne Welch of Festus will be honored individually next week at Busch Stadium during St. Louis Cardinals' games against the Cincinnati Reds and the Chicago Cubs.

Garrett Wallace was honored at the July 30 game against the Milwaukee Brewers. The four were selected because of a personal essay they wrote about their dreams for the future. Each winner received four tickets to the ball game. A portion of each essay will be read during the game while a video of the winner is featured on the DiamondVision board.

The program is sponsored by the Suburban Journals, Edward Jones and the St. Louis Cardinals. Other local youngsters will be honored at Cardinal home games through the end of the season.

Kati Long, 9, will be honored Wednesday, Sept. 2. She dreams of becoming a teacher so she can encourage children to believe in themselves. Kati's role model is Olympic gymnast Shannon Miller because she works hard

and never gives up. In her spare time, Kati also enjoys swimming, biking and collecting Beanie Babies.

GRANT WALLACE, 10, will be honored Thursday, Sept. 3. He dreams of becoming an artist like his mother, Susan. Grant's hero is President Abraham Lincoln because Lincoln was honest, a good father and tall. Grant's hobbies include reading, playing tennis, basketball and hockey.

ADRIENNE WELCH, 11, will be honored Friday, Sept. 4. She dreams of becoming a Broadway star. Adrienne said her hero is anyone who stands up for what is right. Math is her favorite subject because there is always a logical explanation for every problem. She also enjoys singing, dancing, gymnastics and writing.

GARRETT WALLACE, 7, was honored during the Cardinals' July 30 game. He dreams of becoming a veterinarian and has a keen interest in monkeys. Garrett's mother, Susan, is his role model because she helps him learn to read. He also likes collecting Beanie Babies.

Road fuels questions about funding, repair, development

By Scott Cousins
Staff writer

Pontoon Beach officials discussed several options to improve the road at Tuesday's Village Board meeting.

Options ranged from obtaining a low-interest loan from Madison County for a concrete street to resurfacing and widening with oil and chip

Village Engineer John Hales

said that whatever option is taken, the most important thing is to improve drainage ditches along the road.

At Tuesday's meeting, Trustee Bob Vincent, who chairs the Road and Sewer Committee, said the village could obtain a loan from Madison County to complete a

\$300,000 improvement. That would include having the county pay 25 percent of the total cost. The village would

use motor fuel tax funds to pay for engineering and also to pay back the loan over a seven-year period.

The board also talked about obtaining the use of a "road reclaimer" to use the existing pavement and additional rock to resurface the road.

Hales said that would cost considerably less than concrete, but two problems — drainage and the fact that the original road has no real base — remain.

Another concern was potential development in the area. Trustees questioned whether the village should invest a large amount of money on road improvements before knowing to what kind of use the land would be put.

In other business, the board approved a business license for Keith Cook of Moro. Cook plans a cellular paging sales business at 4140 Pontoon Road.

Trustee Lou Whitsell also gave the board information on health insurance bids. The

village — which is now chosen by Blue Cross/Blue Shield — is considering other companies.

The board also gave first reading to an ordinance setting fees for subdivision plats and revisions. The fees would reimburse the village for its expenses of engineering and inspection work on new developments.

Briefly

Meeting changed
The Chouteau Township Board of Trustees meeting has been rescheduled to 7 p.m. Tuesday, Sept. 8, because of

the Labor Day holiday.

Reunion set
The East St. Louis Senior High School Class of 1949 is beginning to organize a 50-year

class reunion.

Anyone having information on classmates or wanting more information should call 624-7252.

Correction

In a story in Sunday's Granite City Journal, the number for the Chouteau Island reunion was incorrect. The correct number is 931-0323. The Journal regrets the error.

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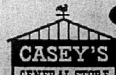
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Woman's kindness drives creation of award

Employee honor
named in memory of
Nelson Hagnauer

By Scott Cousins
Staff writer

For her first day on the job alone, it was a good day for Linda Cassidy.

Cassidy, a driver for the Madison County Transit District, was honored by the MCT board last Thursday as the first recipient of the Nelson Hagnauer Excellence in Service Award.

The award — named after the former Madison County Board and MCT Chairman Nelson Hagnauer — recognizes MCT employees who "go the extra mile" in providing service.

MCT Chairman and Granite City Mayor Ron Selph recommended naming the award after Hagnauer as a believer in always providing the highest levels of service to the people and in recognizing those staff members who went beyond the call of duty," Selph said.



MCT Chairman and Granite City Mayor Ron Selph presents the first Nelson Hagnauer Excellence in Service Award to MCT driver Linda Cassidy.

"Naming this award after him is one way we can honor his memory." Creating the award was considered at the last board meeting, when Cassidy's

performance was discussed. Cassidy, who started as a bus driver in June, was picked because of a telephone call from rider Sandy Coleman.

Coleman said that she had boarded Cassidy's bus, then realized after the bus had gone about 15 blocks that she had left her wallet and credit cards at the bus stop. She mentioned it to Cassidy, who called into the MCT office for permission and asked the other passengers if she could return to the bus stop to get the wallet.

"They agreed, and Coleman was able to retrieve her wallet, a gift from her husband that also had sentimental value."

"My whole experience with MCT has been great, but this incident stood out," Coleman said. "The driver was so thoughtful and handled the situation perfectly. Because of her, what could have been a horrible day turned out great."

Cassidy received a \$100 savings bond and an award certificate.

"We often hear positive comments about our employees from individuals who use the MCT system," Selph said. "We hope that through this program, we can demonstrate our appreciation for our staff and reward individuals like Linda who truly make a difference in the lives of our customers."

2 schools to get new computers

By Larry Ingram
Correspondent

Students at Coolidge and Grigsby Middle Schools will be greeted by 60 new iMac Macintosh computers in their computer lab this school year.

The Granite City School Board approved the purchase of the computers — at \$1,199 per system for a total of \$71,940 from Apple Computer, Inc. — at a school board meeting Tuesday night.

"The replacement will allow the existing computers in the lab to be moved to the elementary school classrooms throughout the district," said District Director of Technology Robert Bischoff.

The computers will replace the existing Macintosh computers in the Coolidge and Grigsby computer labs. The

"The replacement will allow the existing computers in the lab to be moved to the elementary school classrooms throughout the district."

Robert Bischoff
Director of Technology

iMac computers will run both Windows- and Macintosh-compatible software.

The purchase is part of the continuing three-year technology plan for the district. Partial funding for the iMac computers comes from the Title VI Federal Grant. The new computers come equipped with both 10 base T network cards and infrared compatible hardware.

The iMac is Apple Computer's newest entry in the bid to attract new customers. The iMac computer comes equipped with the 233-megahertz PowerPC G3 processor — the same kind that is found in the Power Macintosh G3 line of computers. The iMac processor is considered relatively fast but at 233-megahertz is the slowest processor that Apple makes.

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TRUANCY NOTICE

In a continuing effort to curtail the chronic truancy rate in the Granite City School District, the Truancy Officer of Coordinated Youth and Human Services will be adhering more closely to the City Ordinance regarding truancy effective September 2, 1997.

Beginning the first week of school if a student enrolled in Granite City District #9 is absent from school without just cause, the student and parents or guardian may be charged on a violation of City Ordinance for each absence.

In accordance with the National Education Goals, we believe all children in America have the right to a basic education and daily attendance in school guarantees that right.

This notice is an attempt to inform all chronic truants, and their parents, or any person missing 10 days or more during the last school year, of the heightened effort to get students in school.

If you need assistance in obtaining a school physical for your child, please call the Koch Clinic at 798-3700. Should you have any questions regarding this notice, please contact Paula Hubbard or Laura Carr at 876-2383.

Obituaries

Obituaries

Arthur Armer

ARTHUR R. ARMER, 40, of Baldwin died Wednesday, Aug. 26, 1998, in Belleville.

Mr. Armer was born Aug. 6, 1958, in East St. Louis. Survivors include his wife, Terri (Raymer) Armer; his mother, Barbara (Kean) Armer; of Granite City; three daughters, Angel McDaniel of Granite City, Summer Armer of Baldwin and Amanda Hockings of Litchfield; one son, Ray Armer of Baldwin; four sisters, Carol Armer and Trena Fischer, both of Granite City; Patricia Sellers of Edwardsville and Rosie Cunningham of Highland; two brothers, Edward Armer of Madison and Robert Armer of Granite City; and one grandson, Kenneth McDaniel.

He was preceded in death by his father, R.D. Armer.

Services were Saturday, Aug. 29, at Irwin Chapel in Granite City. Services were private.

Yung Sook Park Brooks
YUNG SOOK PARK (LEE) BROOKS, 62, of Granite City died Friday, Aug. 28, 1998, at her residence.

Ms. Brooks was born Dec. 27, 1935. She was a member of Holy Family Catholic Church.

Survivors include her son, Keith Brooks of Dallas, Texas; two sisters, Yung Hee Pyle and Jik Soo Chung, both of Granite City; five brothers, Yung Wan Lee of Korea, and Yung Jaa Lee of Chicago; and five grandchildren. A memorial mass was held at Holy Family Catholic Church in Granite City with the Rev. Bill Fisherkeller officiating.

Irwin Chapel handled the arrangements.

Agnes Garin
AGNES V. (BROWN) GARIN, 96, of Granite City died at 7:55 p.m. Saturday, Aug. 29, 1998, at Colonial Care Center in Granite City.

She was born Feb. 18, 1912, in St. Louis and lived most of her life in Granite City. She worked as a clerk for Reese Drug Store for 25 years before retiring in 1970.

Survivors include three children, Robert Garin of Granite City, Craig Garin of Cahokia and Marilyn Garin of New Mexico; six grandchildren and three great-grandchildren.

She was preceded in death by her husband, Edward F. Garin April 12, 1979; her parents, Agnes Brown; one son, Donald Garin; and one brother, John Brown.

Services were Monday, Sept. 1, at Holy Family Catholic Church in Granite City with the Rev. Bill Fisherkeller officiating. Burial was in Calvary Cemetery in Glen Carbon. Memorials may be made to the Holy Family Catholic Church or the Hospice of Madison County. Thomas Memorial Mortuary handled the arrangements.

Roberta Gerke
ROBERTA F. (FINLEY) GERKE, 87, of Granite City died Friday, Aug. 28, 1998, at Colonnades Nursing Home in Granite City. She was born March 27, 1911, in Randolph County, Mo.

Ms. Gerke graduated from St. Elizabeth Hospital School of Nursing and was a member of Holy Family Catholic Church.

Survivors include her sister, Marjorie Finley of Granite City; one niece, Roberta Huggins of McLean; one grand-niece, Donna Krawski of Marion; and one great-grand-niece, Linda Krawski of Marion.

She was preceded in death by her husband, Wilbur Gerke, and her parents, Robert and Rose Finley.

Services were Monday, Sept. 1, at Holy Family Catholic Church in Granite City with the Rev. Bill Fisherkeller officiating. Burial was in Sacred Heart in DuQuoin.

Warren Martin
WARREN E. MARTIN, 77, of Mitchell died Sunday, Aug. 30, 1998, at St. Elizabeth Medical Center in Granite City.

Mr. Warren was born Oct. 26, 1920, in Madison. He was a retired electrician from Union Electric and a member of the Eagles 1120.

Survivors include his wife, Joyce (Thebeau) Martin; three sons, Edward Martin of Vancouver, Wash., Gregory Martin of Alhambra, and David Martin; one daughter, Cheryl Martin of St. Charles, Mo.; one brother, Stanley Martin of Granite City; four sisters, Elizabeth Ritchie, Dorothy Sweeney and Judy Donley, all of Granite City, and Jan Broadhouse of Fort Lauderdale, Fla.; 11 grandchildren; and 15 great-grandchildren.

He was preceded in death by his parents, L.B. Edward and Bertha

(Johannpeter) Martin; and one brother, Wallace Martin.

Services will be 11 a.m. today, Wednesday, at Werner Chapel in Granite City with the Rev. Tom Lahrer officiating.

Burial will be in Calvary Cemetery in Edwardsville.

Anne Pare
ANNE M. (KLESH) PARE, 90, of Granite City died Friday, Aug. 28, 1998, at University Manor.

Mrs. Pare was born Aug. 27, 1908, in Granite City. She was a member of St. Elizabeth Church Women's United, a past president of St. Elizabeth's Church kitchen chairman, Blue and Gold Banquet chairman of the Boy Scouts of America, Daughters of Isabella, the Clara Barton Award

of the American Red Cross, past board of directors and community chairman AARP, AARP Illinois Home Maker Extension past president.

Survivors include her son, Robert Pare of Granite City; one daughter, Betty Duff of Granite City; one brother, John Klesh of Granite City; four grandchildren, Gregory Pare of Lubbock, Texas; Jeffrey Pare of Granite City; Richard Duff of Maryville; and Tamara Chapin of St. Louis; three great-grandchildren; and one great-great-grandchild.

She was preceded in death by her husband, Frank Pare; her parents, Joseph and Rose (Kovar) Klesh; and one brother, Joseph Klesh.

Services were Friday, Aug. 28, at St. Elizabeth Catholic Church in Granite City with the Rev. Tom Lieber officiating. Burial was in Calvary Cemetery in Glen Carbon. Memorials may be made to the St. Elizabeth Catholic Church Building Fund and Masses.

Horace Stayton
HORACE STAYTON, 84, of Granite City died Saturday, Aug. 29, 1998, at

Surprise For Edwardsville. He was born June 2, 1914, in Walnut Ridge, Ark.

Mr. Stayton lived in Granite City for 50 years and made butte for Aero Dairy for 25 years before retiring in 1970.

Survivors include 10 children, Jean of Granite City, Christine of Collinsville, Linda of Kansas, Horace, Richard, David, Tony, Diane and Alma May, all of St. Louis, and Nicole of Indiana; and three sisters, Virginia James and Wilda Cline, both of Bond, Ark., and Bessie Poe of Granite City.

He was preceded in death by his parents, Jeff and May (Coy) Stayton; one brother, Leslie Stayton; and one sister, Estelle Wilkerson.

Services were Monday, Aug. 31, at Mercer Chapel in Granite City with the Rev. W.J. Lavy of the Victory Worship Center officiating. Burial followed in Valley View Cemetery in Edwardsville.

Dorothy Wills
DOROTHY L. WILLS, 61, of Ponton Beach died Friday, Aug. 28, 1998, in St. Mary's Health Center.

She was born July 4, 1937, in Pomona.

Mrs. Wills retired from the Granite City School District. She was a member of New Bethel United Methodist Church and a recipient of Illinois Award of Excellence for her work with children and education.

Survivors include her sons, Carol Wills in Millersville, Mo., and Martin Wills of Granite City; one daughter, Charlotte Wills in Ponton Beach; two brothers, David Morgan of Jacksonville, Fla., and a dillie Ellis of Peoria, Ariz.; four sisters, Delores Kidwell of Granite

City, Harriett Donithan of Belleville, Kay Love of St. Louis and Julia Cetraro of Stanton, Mo.; and four grandchildren.

She was preceded in death by her husband, William Wills; her parents, Roy and Flora (Baton) Gilbert; one son, Phillip Wills; one brother, Roy Gilbert; and one daughter, Nancy.

Services were Monday, Aug. 31, in Glen Carbon New Bethel United Methodist Church with the Rev. Michael Smith officiating. Burial was in Lake View Memorial Gardens.

Memorials may be made to the Shoes for the Kids.

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First of all, you'll want to know what can be composted and what can't. Materials that can be composted include grass clippings, leaves, withered annual and vegetable plants, faded flowers, fruit and vegetable peels, egg shells, coffee grounds, sawdust, pruning clippings and weeds. Wood ashes can also be used in moderation, as long as you don't add more than 1 cup of them per bushel of other material.

What not to compost: Meat scraps, bones, grease, whole eggs and other dairy products. These attract rodents, or worse yet, skunks and raccoons. Pet feces, which may be in abundant supply, should not be used, since they contain harmful bacteria that could make you quite ill.

Why do things compost? It would be easy to say that it just happens, like water freezes at 32°F. All plant materials contain carbon and nitrogen. The carbon is used as a food source by microorganisms. As the microorganisms work away, heat is produced, which further breaks down the plant material. Temperatures in the average compost pile may reach 150°F, which is plenty hot enough to kill many disease organisms and weeds. Heat is the sign of a happy compost pile.

There are two methods of composting, which are aerobic and anaerobic. Sounds more like we're talking about physical fitness, but that's the way it is. Aerobic means with air and anaerobic means without air. Aerobic composting is the faster and more commonly used method.

A Quick Aerobic Composting Recipe:
1. Make an 8-10" layer of

plant material. Small pieces break down faster; shred bulky materials, especially twigs greater than one quarter inch in diameter.

2. Moisten the material slightly.

3. Next, spread either of a third cup of blood meal or granular plant food or a one to two-inch layer of cow manure over the pile.

4. Cover with a one-inch layer of soil.

5. Repeat steps 1 thru 5 until the plant material is used up.

6. Keep the pile moist, but not soggy. Too much or too little water will hamper the decomposition process.

7. Cover the compost pile with a tarp to protect it from sun and rain.

Compost piles should be at least 3 feet square. If it's smaller than that, there won't be enough heat generated to do much good. You should definitely consider using a compost bin, since it makes everything a lot easier.

Stir the compost at least one or two times each month to speed up decomposition and reduce odor. Unstirred piles can become quite smelly, and nobody needs or wants that.

Stirring the pile gets air to the center and exposes the outer material to the higher temperatures found inside of the pile. If the pile gets too cool, it's telling you that it needs stirring.

The composting process is usually complete when it no longer needs stirring. Piles made in late fall are usually ready in the spring.

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Collinsville, IL

Event draws crowds, proves masterful

Continued from Page 1A

could be heard talking about the festival's success. After sampling food provided by area restaurants, more than 1,200 invited guests made their way through tented galleries Friday evening in search of \$20,000 in pre-purchased art.

And they did not emerge from the tents empty-handed. Tom and Debbie Willard of Shilo were attending the fair for the first time. Willard said she purchased more than \$400 in art.

"It was nice coming out here. We have enjoyed everything," Willard said. Terry Maxwell of Emporia Kansas, who was displaying watercolor paintings, said he attends 15-18 festivals across the country each year.

"This festival receives great community support and treats its artists well."

Terry Maxwell
Artist

"This is one of the better ones," he said. "It's a great location and is well attended."

Maxwell added it's a good quality fine arts festival. "I hear that not only from other artists, but from patrons as well," he said.

"This festival receives great community support and treats its artists well."

The weather was as common a topic as the art during the three-day event.

"The angels and the Lord gave us a reprieve from the rain," said Don Nedobek, a popular artist at the festival.

In addition to his exhibit of watercolor cat interpretations, Nedobek performed twice over the weekend at the Kid's Curtain Stage, teaching kids of all ages to use their imagination.

"Things have gone great, better than great," even with distractions from the music next door," Nedobek said.

DeTegtmeyer, senior vice-president of Magna Bank, said although the fair seemed larger this year, the weather matched perfectly with last year.

"It's going to be a great time," he said. "They do a beautiful job putting this together."

Carol Warner, festival

director, said part of the reason people found the festival different this year, was the large amount of artists that applied to attend.

"Due to a larger pool of artists to select from, over half were new to the area," Warner said.

"The art was more traditional, and that is very appealing to a wide variety of people. It's easier to see something traditional in your home," Warner said.

Children kept busy as they caught a performance of "The Three Little Pigs," watched clowns make balloon animals and had their faces painted. Many children attended workshops held throughout the weekend, designed to inspire creative talent.

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Extension set for October

Continued from Page 1A

Southwestern Illinois are sponsoring a joint opening ceremony Gov. Jim Edgar and other state, county and local officials are expected to attend.

"It will be the first week of October, but the actual day will be up to the governor," said RBGA director Don Miller.

He said there will be a ribbon-cutting ceremony in the northbound lane of I-255 near the Madison Avenue intersection in Roxana.

"After the ribbon-cutting ceremonies, there will be a luncheon at Shell's Kendall Hill Park for the governor," Miller said.

In addition to giving motorists from the Roxana-Wood River area a straight shot at an interstate connection, the road should also ease pressure on Illinois 157 and 159 in Edwardsville, Easterly said.

Miller said the new extension will aid development, especially several business and industrial parks, along the highway.

"There will be some intense activity on that road," Miller said.

Easterly said there is "talk of new rail yards in that area and a couple of other major developments that are either under discussion or under way."

Both Easterly and Miller emphasized that this is only the first phase of a three-phase extension of I-255.

"We have to remember this isn't the end of I-255," Easterly said. "This just gets us to Wood River, we're doing engineering to Godfrey and beyond."

The cost of extending the road to U.S. 67 in Godfrey is expected to be about \$170 million.

The second phase would extend the road from Illinois 143 to Illinois 140 in Bethalto, while the final phase would extend the highway to Godfrey.

IDOT has money for engineering and some property acquisition in its next five-year plan.

"We could go to construction in relatively short order," Easterly said.

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Video of 'Titanic' draws late crowds

"I have a book written about 86 years ago, it was written six months after Titanic sank. I've had that book in my possession for 11 years now. Ever since then, I've had an obsession with it."

Kyle McGuire
Video purchaser

Continued from Page 1A

people a better understanding of what actually happened.

"I have a book written about 86 years ago, it was written six months after Titanic sank," he said. "I've had that book in my possession for 11 years now. Ever since then, I've had an obsession with it."

Workers at the store had been expecting crowds but were surprised to see so many come out for an early copy of the movie, which has brought in more than \$600 million in ticket sales.

Kimberly Kahn was one of the first people in line, having arrived at 10:45. She has never seen the movie and was one of the few planning to rent a copy.

"I just don't have the desire to watch it over again and again," she said. "I just don't have the desire to watch it over again and again," she said. "I just don't have the desire to watch it over again and again," she said.

Kahn also said the late hour didn't bother her. "I work midnights all the time, so I don't have anything to do," she said.

Mace Rodgers — who was buying a copy of the movie as a surprise for his 14-year-old twin daughters — was just getting off work.

"They don't know I'm getting it for them, they'll know in the morning," he said.

Rodgers said he has seen the movie twice with his daughters.

"I'm on my way home

from work, so it's not that bad," he said.

He added that he had no intention of staying up to watch it.

Rodgers also said he was not sure if it was worth all the trouble.

"I don't know, I liked Braveheart better and they didn't go through all this for it," he said.

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Police cash in on alleged robber's mistake

Continued from Page 1A

money. When she looked up, she saw the suspect jump on the counter and grab some money. When she screamed, he ran out of the building, according to reports.

The suspect had escaped with \$4,500, but several people on the scene told police they saw someone matching the suspect's description running away from the bank. Police immediately began searching the immediate area until they came to the apartments above a laundromat at 19th and State.

Officers searched the apartments without finding him. Soon, however, an officer at the bank reported Lindell had cashed the check with an address on it. Although the address proved to be incorrect — 1900 State St. has nobody living in it — they were able to find the suspect at 1901 State.

Officers returned to the

apartments and discovered Lindell hiding in the bedroom of one apartment.

The two women who were in that apartment told police, who had come to the apartment once before, that

they did not know the suspect was there.

The two women may be considered suspects as well, Pomeroy said, for obstructing justice although that hadn't been decided as of Monday.

The two were released pending further investigation.

Bank employees positively identified Lindell as the alleged robber after he was cuffed and brought out of the apartment.

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By Dennis C.

Staff writer

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Shuffling means new judge for local court

By Dennis Grubaugh
Staff writer

A series of administrative changes, including the shuffling of judges and improvements to family court, are on the docket in Madison County.

The changes are among the first to be implemented under new Chief Judge Andreas Mateosian, who took over July 1.

Among them:

Associate Circuit Judge Randall

Bono is now the chief associate judge, serving as the primary liaison between the chief judge and the 11 associate judges.

Associate Judge Ellar Duff will move from the Alton and Granite City courtrooms to the main courthouse in Edwardsville.

Associate Judge Michael Meehan, who has been handling mostly juvenile cases in Edwardsville, will now be working mainly between the Alton and Granite City satellite courtrooms. However, he will also conduct competency hearings at the Alton Mental Health Center and

oversee some family hearings in Edwardsville.

Associate Judge Wendell Durr, who has been in family court in Edwardsville, will be splitting his time between the Bond County satellite court and on family court cases in Edwardsville.

Circuit Judge Lola Maddox, who has presided over traffic court in Edwardsville and handled many of the child-support cases, will be focusing more on juvenile and domestic violence cases.

Meehan and Duff are essentially switching roles.

Duff said she spent 6 1/2 years in family court, from 1987 to 1992, before moving to both the Alton and Granite City satellite courts, where she has split her time about half and half.

"One year I was in probate, but I still handled a large family caseload, so I was never really away from it."

In Alton and Granite City she handled mainly traffic, small claims and misdemeanor cases.

While "every chief judge likes to make a few changes," Mateosian said some of the moves continue plans that were in place when Nicolas

Byron, Mateosian's immediate predecessor, was chief judge.

Mateosian said he has told the other judges that he wants a priority placed on criminal and family cases and he is leaving a lot of the specific decision making up to them.

Other shuffling has been done to keep associate judges fresh.

"You don't want a judge concentrating on traffic or misdemeanors his whole career," said Mateosian, who last held the chief position in 1985.

Free skin cancer screening slated

St. Elizabeth's Hospital of Belleville is offering a free skin cancer screening from 8-8 p.m. Sept. 22.

If anyone has a small sore that does not heal completely, or has a red, scaly patch on the skin, or a mole that changed size or color, this is an opportunity to have a physician look at it and advise if any action is recommended.

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Auditors question county investments

By Paul Mackie
Staff writer

Representatives of an independent auditing firm said Madison County should be concerned about some of its investments.

Ted Flom and Steven Pawlow, both of KPMG Peat Marwick of Chicago, Thursday gave their annual report to the Madison County Finance Committee in the Administration Building.

Flom and Pawlow, as well as County Auditor Fred Bathon, said the county could work to make less complicated and less risky investments with comparable payouts.

"The County Treasurer's

Office has made investments that have declined in value," Bathon said.

"It was the county treasurer's decision to purchase investments that fluctuate in value."

But Chief Deputy Treasurer Wes Tucker said the investments are no risk to county taxpayers.

"It's no loss to the county. We bought those because the interest rate was high at the time and our whole intent was to move them in 12 to 18 months, but it didn't happen."

Tucker was the deputy treasurer under John Shimkus in 1993 when the investments were first made under the direction of Smith Barney.

Shimkus, R-Collinsville, is now a U.S. representative.

Bathon and Tucker are opponents for county treasurer in November.

"The broker painted a rosier picture than what materialized," Tucker said.

"We were trying to make a large profit, but it didn't work

out that way. We would only lose money if we sold the bonds now. We'll hold them until they reach maturity (in 2002), and the county will not lose any money in any way, shape or form."

Bathon and Chief Deputy Auditor Rich Hampton said the county is earning less-than-market rates on these investments, resulting in a loss.

"We're not being prudent investors," Bathon said.

"The interest rate is 3.5 to 4.5 percent now, but it was 7 to 8 percent in the first year or two of the investments," Hampton said.

"That doesn't make up for the last five years at 3.5 percent. (Smith Barney) used teaser rates to get us to buy them."

Bathon said more practical government investments are items such as treasury bonds, treasury notes and CDs. He said risky, fluctuating investments are what caused Orange County to go bankrupt

in 1994.

"To refer back to Orange County is baloney," Tucker said.

"We have enough liquidity. I'm surprised they would bring these (investments) up. It was not even mentioned in the whole list of comments and recommendations (given to the treasurer's office from KPMG)."

"I find it unusual they didn't invite us to the meeting if they were going to criticize us."

Bathon said nobody was attacking Tucker.

"We were pointing that he received something (the county) should be doing," he said.

Bathon was referring to accounting policies the county adopted in 1997 dealing with investments. These policies were part of KPMG's report.

"(KPMG) found we had investments that were not market value," Bathon said.

"This is not a political issue. This is about finances."

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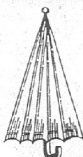
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Labor Jam touts unions, politics, fun

Continued from Page 1A

from local labor leaders and music by the Banned (formerly known as Flashback).

Country sensation Charlie Brown from Wood River will sing several selections from his new CD. More music, including modern rock, alternative, blues and jazz will be offered.

Labor Jam 1998 starts at 2 p.m. Saturday at Wood River Bowl, 1153 Moose Blvd. in Wood River and ends at 10 p.m. Tickets cost \$4.50 in advance and \$6 at the door and are available at the Wood River Bowl, Lakin Law Firm, Schatzkes Bar and Grill or any member of the Young Democrats of Madison County.

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Auditor criticizes candidate for using county fax to send campaign release

By Becky Vollmer
Staff writer

A campaign press release sent via a Madison County fax machine has landed a Republican candidate in the hot seat for what his opponent called an "inappropriate use of government resources."

Madison County chief deputy treasurer Wes Tucker, who is running for the treasurer's job in November, is being criticized for sending the release on taxpayers' time. His opponent, county Auditor Fred Bathon, a Democrat, called it a misuse of office.

The one-paragraph release, sent Thursday afternoon to all Metro East newspapers and radio stations, said Tucker would be holding a press conference in his office this afternoon to discuss "projected goals for the future of the treasurer's office."

Tucker said Thursday the fax was sent out in error. "I'm sitting here red-faced as all get out," he said.

He gave this account of the error: A campaign volunteer typed the release, which listed Tucker's work telephone number as the contact. When Tucker noticed the error, he asked his secretary in the treasurer's office to fix it, listing his home number instead.

Tucker's secretary then inserted a campaign disk into a county computer, changed the phone number and faxed the release to media, all on

county time. "I didn't realize I screwed up until it was all over with," he said. "I'm going to repay the county whatever the cost."

While admitting the fax should not have been sent via county equipment, Tucker said

his secretary performing a little bit of campaign work while on the clock is not a violation. "I wouldn't think so, just to change a phone number," Bathon, who said he learned of the apparent campaign

violation when contacted by an Alton radio station, called the fax "inappropriate use of government resources." Bathon also said it is wrong for Tucker to hold the campaign-related press conference, slated for this

afternoon, in the treasurer's office. "At 2:30, he's on the payroll as a county employee serving as the chief deputy," Bathon said. The matter comes in the wake of a similar situation

involving another Illinois Republican, Secretary of State George Ryan came under fire this week after a campaign memo was sent by fax from one state office to another, outlining some state employees' campaign roles.

Mistake won't happen again, Tucker says

By Sanford J. Schmidt
Staff writer

Attempting to beat his opponent to the punch, Deputy Madison County Treasurer Wes Tucker brought to the forefront a mistake he made in 1986 and explained why he won't let it happen again.

Wes Tucker, an East Alton Republican, was the village's treasurer when a 1986 computer crash left \$2,000 unaccounted. Tucker said he learned from his mistake and plans to implement computer improvements in the Treasurer's Office that would prevent a recurrence under his watch.

Asked for a response immediately after Tucker's news conference, his opponent, Auditor Fred Bathon, produced a copy of a newspaper article telling of Tucker's flub.

"He was aware that I know about that," said Bathon, a Pontoon Beach Democrat. "The citizens of East Alton haven't forgotten about that \$2,000 discrepancy."

Tucker also said Friday that he plans to make tax records available on the Internet and adopt an open-door policy by which people can address their problems to him personally.

He said he plans to continue an investment strategy in which the county buys and sells bonds in the open market to earn more for the taxpayers.

Bathon characterized Tucker's remarks as "political rhetoric."

He said he will rely on his record as auditor, a job that has earned him several national awards for innovative programs, such as confronting the county's Year 2000 computer problem.

Strike ends here

Continued from Page 1A

wage increases of 55 cents in 1995 and 2000.

But Steinacher said it was a change in the language regarding work on Saturdays that led to an agreement more than the change in the wages. "They had an option where they could call anyone in to work on a Saturday," Steinacher said. "But it was changed to where just specialists and their helpers could be called in. That made the difference."

Steinacher said the agreement was reached late Friday night in talks between the union and the St. Clair-Madison association; then the vote was held Sunday morning.

"We'll be back to work Tuesday morning at 8 a.m.," Steinacher said. "But I don't change anything in the strike against the Belleville group."

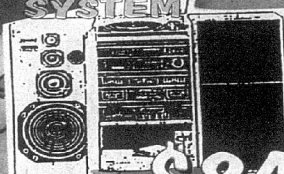
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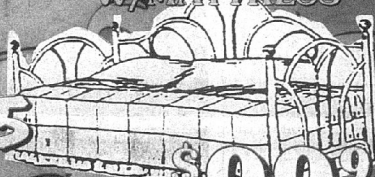
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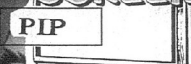
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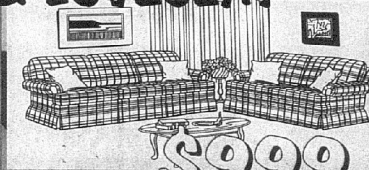


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Sports

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Best in the land

Edwardsville was truly No. 1 in baseball this year

You know how impressive Edwardsville's Post 199 trek to the American Legion national baseball tournament title was?

Consider this: When Edwardsville won the Class AA Illinois state title with a 40-0 record, the Tigers finished sixth nationally in the "Super 25" poll of USA Today.

Ranked ahead of Edwardsville were Clovis (Calif.) High, the mythical national champion; Gonzales (Fla.); Tate; Birmingham (Ala.); Vestavia Hills; Henderson (Nev.); Green Valley and Spring (Texas); Klein.



Art Voellinger
Sports Views

With Edwardsville in the eight-team Legion national finals were host Las Vegas; Jefferson City, Mo.; Brooklawn, N.J.; Cherryville, N.C.; State College, Pa.; Excelsior, Minn.; and Danville, Calif.

My map does not show Henderson being a suburb of Las Vegas, meaning Edwardsville can consider itself No. 1 in many ways. After becoming the first IHSA Class AA team to go unbeaten on the state prep stage, the Edwardsville Legion team was No. 1 of 194 Illinois teams in the summer and No. 1 of the more than 5,300 American Legion teams nationally.

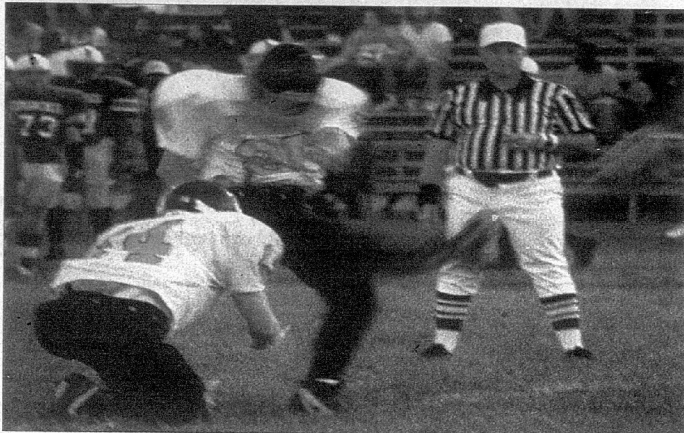
If Edwardsville High coach Tom Pile gained recognition on the high school level when he proclaimed his Tigers "willing to play any other school in the country," Ken Schaak deserves similar accolades on the Legion level, where the ages of the players can be a year older than the prep players.

Is there any question about the quality of Edwardsville baseball? The only question related to that community is how Eastern Illinois University could insist on having slugging firstbaseman Matt Evers report for soccer practice in Charleston rather than compete with the Legion team on the national level after the state tourney in Highland.

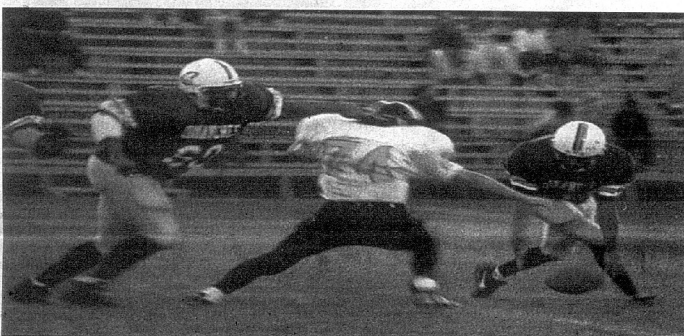
Extra innings

When Edwardsville won the 1993 state Legion title, it marked the first state crown for a Southern Illinois team since 1963, when Trenton completed a three-year run following Marissa in '81 and Carlyle in '82. Congrats to coach Kent Vollert of Marissa, who retired after this season and joins the likes of Barney Elser of Belleville, who also

See LEGION, Page 2B



Granite City placekicker Eric Weinhoff successfully converts a point-after touchdown out of the hold by Aaron Hoback on Friday night. The Warriors built a 14-0 lead against Cahokia before bowing.



Granite City lineman Matt Levart chases after a fumble early in Friday night's season-opening football game at Cahokia.

Tim Stephenson photo

Tim Stephenson photo

Warriors try to bounce back

Granite City attempts to shake off loss to Cahokia in time to take on O'Fallon

By Rick Broome and Scott Marion
Staff writers

One of the primary shortcomings that led to Granite City's 2-7 football season a year ago was the

PREP FOOTBALL team's inability to take care of

the ball. Consider this a warning: O'Fallon is coming to town for a Friday night showdown, and they gobble up turnovers like overweight pastry chefs.

In a 24-0 whitewashing of Belleville West last Friday night, the Panthers collected six West fumbles.

The first of these was forced as West was about to forge into the lead. Maroons fullback Casey Dial lost the ball on the O'Fallon 5-yard line, and the Panthers recovered. Four plays later, Kerry Salesman broke into the end zone on a 16-yard run. It would be all the offense O'Fallon needed.

"The kids got a little more confident," said O'Fallon coach Gary Bridell. "The turnover (that led to the Panthers' first touchdown) turned the game around. Both teams had first-game jitters and made a lot of mistakes, but we were able to take advantage of theirs."

The Panthers take on the Warriors at Granite City Friday with kickoff set for 7:30 p.m.

"O'Fallon looks like a typical Bridell-coached team," said Granite City coach Nick Petrillo. "Good fundamentally, good on defense and ready to play every game."

"From what our scouts have shown us, they have a solid running game. They run a good hard dive and cross-action traps. They run good reverses, where they

"O'Fallon has always been a team that makes its own breaks. You may make errors that are entirely your own fault, but they also cause plenty of them."

Nick Petrillo
Granite City coach

make you think they're running inside and they pull it wide.

"They have good personnel. O'Fallon has always been a team that makes its own breaks. You may make errors that are entirely your own fault, but they also cause plenty of them."

O'Fallon turned the ball over three times themselves Friday night — twice on fumbles and once on an interception. That could prove fatal for O'Fallon this Friday if Granite City shows the form it displayed in taking a 14-0 lead against Cahokia last Friday before losing 26-14.

Though the Warriors are working with a new offensive line, they again will concentrate on rushing the football. Petrillo hopes time and experience, along with plenty of raw athletic ability, will bring out the talent in his line.

"Our bread-and-butter is the running game," said Petrillo. "Our linemen gained confidence and experience in running stunts Friday night. The speed and quickness of Cahokia was good practice for the guys, a good experience for them to go through."

Warriors open with victory

Granite City wins at Peoria Richwoods

By Rick Broome
Staff writer

Granite City opened the high school soccer season Saturday three hours from home. But

BOYS SOCCER the long ride didn't seem to affect them.

Dave Margrave got the only goal the Warriors would need, scoring unassisted at the 22-minute mark of the first half, and Brandon Williams made six saves for the shutout as Granite City beat Peoria Richwoods 1-0 in the first game for both teams.

"It was a good opening

game," said Granite City coach Gene Baker. "They're a good club."

And so is Granite City. Williams, particularly, is going to be counted on this season for consistent, solid performances. The Warriors lost starting keeper Justin Roehr to an injury. He will probably miss the whole season.

"Our defense was pretty solid," Baker said of Saturday's game. "Brandon had a good game. He kept everyone in the game, moved people around well. He

See WARRIORS, Page 5B



Granite City's Steve Hendrickson chases after the ball. The Warriors won their season-opening game on Saturday.

SIUE loaded for '98 season

By Brian Bretsch
Staff writer

Goal scoring was not a problem for the SIUE-Edwardsville women's soccer team a year ago.

WOMEN'S SOCCER The Cougars scored a school-record 64 goals in posting 15 victories.

However, the seven losses the Cougars endured were the result of some defensive lapses.

All of the SIUE firepower has returned this season and coach Brian Korbmesmyer recruited top-notch players to strengthen the team's defense.

The SIUE women's team will be put to the test 1 p.m.

See SIUE, Page 5B

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Legion title was an achievement

Continued from Page 1B

is retired but joined members of the '68 state-best Hilgards for a reunion this summer. Elser's other championship came in 1975, two years after Highland gained the state Legion honor. Harney posted a 486-215 record for 23 years. Belleville's Post 58 won three consecutive state Legion titles from 1947-49 and also triumphed in '54, when it became a three-time prep and Legion repeater with dual titles in '47, '49 and '54.

Cardinals Youth Clinic winners announced

The St. Louis Cardinals Youth Clinic winners are: Aaron Adams, Eric Adams, Justin Avery, Deric Blaha, Sean Bradshaw, Nathan Campeau, Nathan Cannon, Matthew Crady, Todd Cunningham, Ashli Drew, Jason Dougherty, Sam Ellenbogen, Donna Foy, Johnny Fritz, Michael Gaeta, Henry Goldkamp, Vincent Harris, Katy Haynes, Ryan Hehner, Alex Henseler, Ben Huebender, Josh Lehman, Jim

Footnote

In its preseason "Super 25" high school football poll, USA Today's top three were Concord (Calif.) De La Salle; Long Beach (Calif.) Poly; and Killeen (Texas) Ellison.

Just as in baseball, where Edwardsville was the only non-sunshine state rep, the football prediction noted No. 30 Mount Carmel of Chicago as the only representative from Illinois.

The Caravan has won six state championships in the past 10 years but have not had an all-state running back since 1981.

Lowe, Jessica Lyons, Jay Martin, Nicholas McCart, Reed Miller, Michael Mueller, John Murar, Andrea Nahrup, Alexander Nelson, Chad Nelson, Austin Nieman, Matthew Palazolo, Ryan Rains, Rachel Reelitz, Chris Root, Eddie Rose, Mark Ruby, Cody Sailor, Cody Slover, Kyle Stradtman, Chris Teppen, Cole Uphouse, Aaron Ward, Cory Wendel, Chris Weissler, Miles Woodring, Chelsea Wright and Tim Ziegler.

DOBB'S Cardinals Team of the Week



Bobcats place second in national tournament

The Bobcats Bantam II Khoury League team, sponsored by Brunsmann Heating and Refrigerator, won state and district championships in the Class B Division and placed second in the national tournament. The Bobcats finished the year at 18-6-3. Members of the team are (from left to right): In front — Robby Verheyen, Josh Raterman, Blake Guyer, Danny Karban, Chris Thomas; Second row — Nick Derfler, Kyle Brunsmann, John Lynch, Jacob Richards, Brandon Chapple, Ryan Davis, Alex Luety; In back — coaches Mark Brunsmann, Ryan Davis and Jace Raterman.

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P215/70R15	95
P225/60R16	114

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P205/75R15	WW 79
P205/70R15	BLK 76
P215/75R15	WW 83
P215/70R15	WW 82
P225/75R15	WW 85
P235/75R15	WW 85
P195/65R15	BLK 71
P215/60R16	BLK 84

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P215/70R14	FR480	BLK	65
P225/70R14	WILDERNESS H/T	OWL	77
P175 FORD RANGER / MAZDA PICKUP			
P205/70R15	FR480	BLK	68
P175 FORD WINDSTAR			
P215/70R15	FR480-02	BLK	75
P175 FORD F-150, COUGAR, BUICK CENTURY			
P215/60R15	APRILY 1-2	BLK	74
P175 OLDSMOBILE CUTLASS, CHEVROLET MAZDA			
P245/50R16	FIREHAWK FTX	BLK	109
P175 CHEVROLET CAMARO			
P235/75R15	ATX II WILDERNESS A/T OWL		84
P175 FORD EXPLORER			
P235/70R16	WILDERNESS H/T	BLK	79
P235/70R16	WILDERNESS H/T	OWL	84

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P195/65R15	XP2000-GT	BLK	59
P175 PONTIAC GRAND AM, GRAND PRIX			
P205/65R15	AMERI-G45	BLK	69
P215/70R15	XP2000-GT GEN SEAL BLK		79
P175 PONTIAC MONTANA MINIVAN			
P235/70R16	AMERI-550 A/S	BLK	82
P175 FORD F-150			

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P175 TOYOTA CAMRY			
P175/65R14	SP20	BLK	58
P175 NISSAN SENTRA			
P205/65R15	SP4000	BLK	79
P175 TOYOTA CAMRY/MAZDA			
P225/75R15	GRAND TREK TG30	BLK	72
P175 TOYOTA TACOMA, 4x4, 4 RUNNER			
P235/75R15XL	GRAND TREK TG27	BLK	83
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P215/70R14	OWL 81
P205/75R15	BLK 79
P205/75R15	OWL 84
P235/70R15	WW 84
P235/75R15	WW 79
P235/75R15	OWL 88
P205/65R15	BLK 77
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Edwardsville decks Millington in opener

Collinsville posts first victory for Kane; Belleville East suffers another loss to Moline

By Greg Shashack
Staff writer

Millington (Tenn.) Central coach Hank Hawkins admitted to knowing "nothing" about the Edwardsville Tigers before making the five-hour trip to Edwardsville for Friday's game.

Hawkins traveled back home knowing more than he wanted. Edwardsville scored on its first six possessions and rushed for 447 yards en route to a 46-16 victory in its season opener at the Sports Complex.

"We just couldn't stop them all night," said Hawkins, whose Trojans fell to 0-2. "They've got a great plan and they execute it real well. Their backs, their linemen — they played a great offensive game and our young guys just weren't prepared for that. We weren't ready for any of it. They're quick and they're real physical."

Joe Bevis, J.R. Ziegler and Matt Allaria each scored two touchdowns and Allaria tossed an 11-yard touchdown pass to Terrance Allen to account for the Tigers' scoring. Edwardsville led 32-16 at halftime and added two more TDs in the third period.

"I think we came off the ball real well," said Tigers starting guard David Fields. "We still have a lot of things we have to work on. But for the first game, I thought our tempo was pretty good."

Edwardsville was overpowering on offense as Bevis, a 6-0, 193-pound junior fullback, rushed for 172 yards on 20 carries. He had 130 yards at halftime but was not alone in shredding the Millington defense.

Junior tailback Travis Evans gained 104 yards on 14 carries. Backup fullback/tailback Ziegler, a junior, rolled up 96 yards on nine carries, including a 46-yard run.

Allaria, a junior quarterback making his first varsity start, added 75 yards on 10 rushes.

Behind the line of fields, Matt Schell, Paul Hooks, Andrew Speciale and Nick Tarporff, the Tigers averaged 8.4 yards per carry.

Collinsville wins

Four different Collinsville players scored

touchdowns to help second-year coach Tim Kane earn his first victory on the field.

The Kahoks (1-0) won three games during the 1997 campaign but all were forfeit because of teachers strikes at other schools.

Collinsville senior Kory Kimbrell scored two of the Kahoks' five touchdowns as Collinsville hammered Civic Memorial 34-7 Friday night at Kahok Stadium.

"It is tremendous," said Kane. "The kids just did a great job. I am just so gosh darn happy for them. They worked real hard since last November. The character they showed after that first drive and to be able to stay tough and stay tough and stay tough and just have the faith was just fabulous."

"If we are going to give some credit to somebody, we better go with the offensive linemen," Kane said. "Our running backs ran real hard and made some good reads, but nothing would have been possible if those big dogs up front hadn't have gotten it done, which they did."

Lancers lose

Saturday's 21-7 season-opening loss at Moline seemed all too familiar to Belleville East football coach Mike McGinnis.

"This is the third year in a row we've lost to them," McGinnis said. "I don't know why, but we seem to come out slow against them in the first game, and they were in midseason form."

"I didn't have the kids ready to play, and I take the responsibility for that. It was almost even in the second half, but the damage had already been done. It was 21-0 before we scored."

"We had a couple opportunities to put another score or two on the board, but we made some mistakes. They took the opening possession and went 65 yards with no mistakes."

East's only score came just before halftime, as senior quarterback Tony Patterson ran 47 yards for a touchdown. But the Lancers were unable to close the gap in the second half.

Belleville East, the defending champion of the Southwestern Conference, plays next 7:30 p.m. Friday at Cahokia.

Prep Football Results/Schedules

ALTHOFF Coach: Glenn Schott (0-1) August 28 at Oak Park Fenwick..... L 6-35	October 2 East St. Louis..... 7:30 p.m. 9 at Alton..... 7:30 p.m. 16 Cahokia..... 7:30 p.m. 23 at Edwardsville..... 1 p.m.	GRANITE CITY Coach: Nick Petrillo (0-1) August 26 at Cahokia..... L 14-26
September 4 at Belleville West..... 7:30 p.m. 11 at Cahokia..... 7:30 p.m. 18 Mayfield (Ky.)..... 6:30 p.m. 25 at Metamora..... 7:30 p.m.	COLUMBIA Coach: Joe Iorio (0-1) August 28 Quincy Notre Dame..... L 0-28	September 4 O'Fallon..... 7:30 p.m. 11 Edwardsville..... 7:30 p.m. 18 at Collinsville..... 7:30 p.m. 25 Waynesville (Mo.)..... 7:30 p.m.
October 2 at Cape Girardeau (Mo.) Central..... 7:30 p.m. 9 Jackson (Mo.)..... 7:30 p.m. 16 at Poplar Bluff (Mo.)..... 7:30 p.m. 24 Springfield Griffin..... 1 p.m.	September 4 at Chester..... 7:30 p.m. 11 Freeburg..... 7:30 p.m. 18 Red Bud..... 7:30 p.m. 25 at Central..... 7:30 p.m.	October 2 at Belleville East..... 7:30 p.m. 9 Belleville West..... 7:30 p.m. 16 Alton..... 7:30 p.m. 23 at East St. Louis..... 7:30 p.m.
ALTON Coach: Bob Shannon (0-1) August 29 at Chicago Hubbard..... L 18-50	October 2 Carlyle..... 7:30 p.m. 9 at Duquoin..... 7:30 p.m. 16 at Mater Dei..... 7:30 p.m. 23 Waterloo..... 7:30 p.m.	HIGHLAND Coach: Mike Hooker (1-0) August 28 at Carlinville..... W 28-0
September 4 Quincy..... 7:30 p.m. 11 East St. Louis..... 7:30 p.m. 18 Edwardsville..... 7:30 p.m. 25 Belleville West..... 7:30 p.m.	DUPO Coach: Gary Mausner (1-0) August 28 at Sesser-Valer..... W 20-14	September 4 Mount Zion..... 7:30 p.m. 11 at Centralia..... 7:30 p.m. 18 Civic Memorial..... 7:30 p.m. 25 Triad..... 7:30 p.m.
October 2 Sikeston (Mo.)..... 7:30 p.m. 9 Collinsville..... 7:30 p.m. 16 at Granite City..... 7:30 p.m. 23 at Belleville East..... 7:30 p.m.	September 4 Newton..... 7 p.m. 11 at Centralia..... 7:30 p.m. 18 Carlyle..... 7:30 p.m. 25 at Red Bud..... 7:30 p.m.	October 2 at Jerseyville..... 7:30 p.m. 9 at Waterloo..... 7:30 p.m. 16 Mascoutah..... 7:30 p.m. 23 at Paris..... 7:30 p.m.
BELLEVILLE EAST Coach: Mike McGinnis (0-1) August 29 at Moline..... L 7-21	October 2 at Freeburg..... 7:30 p.m. 9 Columbia..... 7:30 p.m. 17 at Martinsville..... 7 p.m. 23 Chester..... 7:30 p.m.	MASCOUTAH Coach: John Zerjal (0-1) August 28 at Mount Vernon..... L 7-28
September 4 at Cahokia..... 7:30 p.m. 11 East St. Louis..... 7:30 p.m. 18 Belleville West..... 7:30 p.m. 25 at Collinsville..... 7:30 p.m.	October 2 Granite City..... 7:30 p.m. 9 East St. Louis..... 1:30 p.m. 16 at Edwardsville..... 7:30 p.m. 23 Alton..... 7:30 p.m.	September 4 Collinsville..... 7:30 p.m. 11 at Robinson..... 7 p.m. 18 at Triad..... 7:30 p.m. 25 Jerseyville..... 7:30 p.m.
October 2 Granite City..... 7:30 p.m. 9 East St. Louis..... 1:30 p.m. 16 at Edwardsville..... 7:30 p.m. 23 Alton..... 7:30 p.m.	EAST ST. LOUIS Coach: Terry Hill (1-0) August 30 at Chicago Simeon..... W 20-8	October 2 at Waterloo..... 7:30 p.m. 9 Civic Memorial..... 7:30 p.m. 16 at Highland..... 7:30 p.m. 23 Chatham Glenwood..... 7:30 p.m.
BELLEVILLE WEST Coach: Larry Betz (0-1) August 28 O'Fallon..... L 0-24	September 5 at St. Louis Sumner..... 6 p.m. 11 at Alton..... 7:30 p.m. 25 Edwardsville..... 7:30 p.m.	METRO EAST LUTHERAN Coach: Todd Bantz (0-1) August 29 Dugger (Ind.)..... L 0-8
September 4 Althoff..... 7:30 p.m. 11 Collinsville..... 7:30 p.m. 18 at Belleville East..... 7:30 p.m. 25 at Alton..... 7:30 p.m.	October 2 at Collinsville..... 7:30 p.m. 9 at Belleville East..... 1:30 p.m. 16 at Belleville West..... 7:30 p.m. 23 Granite City..... 7:30 p.m.	September 11 at Winfield..... 7:30 p.m. 18 at Orchard Farm (Mo.)..... 7:30 p.m. 26 St. Louis Principia..... 1:30 p.m.
October 2 at Edwardsville..... 7:30 p.m. 9 at Granite City..... 7:30 p.m. 16 East St. Louis..... 7:30 p.m. 23 at Rock Island..... 7:30 p.m.	EDWARDSVILLE Coach: Tim Dougherty (1-0) August 28 Millington Central..... W 46-10	October 3 at Mexico (Mo.) Missouri Military..... 1:30 p.m. 9 at Elkhart..... 7:30 p.m. 17 St. Louis Aquinas-Mary..... 7:30 p.m. 24 St. Charles (Mo.)..... 2:30 p.m.
CAHOKIA Coach: Rob Eden (1-0) August 28 Granite City..... W 26-14	September 4 St. Louis NJOITC..... 7:30 p.m. 11 at Granite City..... 7:30 p.m. 18 Alton..... 7:30 p.m. 25 at East St. Louis..... 7:30 p.m.	O'FALLON Coach: Gary Bridell (1-0) August 26 at Belleville West..... W 24-0
September 4 Belleville East..... 7:30 p.m. 11 Althoff..... 7:30 p.m. 18 at Marion..... 7:30 p.m. 25 Carbondale..... 7:30 p.m.	October 2 Belleville West..... 7:30 p.m. 10 at Springfield (Mo.) Glendale..... 1 p.m. 16 Belleville East..... 7:30 p.m. 23 Collinsville..... 7:30 p.m.	September 4 at Granite City..... 7:30 p.m. 11 St. Louis University High..... 7:30 p.m. 18 at Mount Vernon..... 7:30 p.m. 25 Centralia..... 7:30 p.m.
October 2 Centralia..... 7:30 p.m. 9 at Mount Vernon..... 7:30 p.m. 16 at Collinsville..... 7:30 p.m. 23 at O'Fallon..... 7:30 p.m.	FREEBURG Coach: Dave Bone (1-0) August 28 at Roxana..... W 34-7	October 3 Marion..... 1 p.m. 9 at Carbondale..... 7:30 p.m. 16 at Columbia (Mo.) Hickman..... 7:30 p.m. 23 Cahokia..... 7:30 p.m.
COLLINSVILLE Coach: Tim Kane (1-0) August 28 Civic Memorial..... W 34-7	September 4 Centralia..... 7:30 p.m. 11 at Columbia..... 7:30 p.m. 18 Quincy Notre Dame..... 7:30 p.m. 25 at Carlyle..... 7:30 p.m.	RED BUD Coach: Tod Rushing (0-1) August 26 Chester..... L 0-48
September 4 at Mascoutah..... 7:30 p.m. 11 at Belleville West..... 7:30 p.m. 18 Granite City..... 7:30 p.m. 25 Belleville East..... 7:30 p.m.	October 2 Dupu..... 7:30 p.m. 9 at Mater Dei..... 7:30 p.m. 16 Red Bud..... 7:30 p.m. 23 Nashville..... 7:30 p.m.	September 4 Waterloo..... 7:30 p.m. 11 at Carlyle..... 7:30 p.m. 18 at Columbia..... 7:30 p.m. 25 Dupu..... 7:30 p.m.

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Sports

Seets maintains lead in NASCAR modified series

Special to the Journal

John Seets maintained his points lead by winning his ninth NASCAR Winston Racing Series Modified feature in Saturday's "Kellogg's Night at the Races." The victory helped Seets hold the same 14-point lead he had on Ray Walsh when the two entered the night. Pat Lawson led the first three laps before a caution flag slowed the pace. On the restart, Tom Seets and Ray Walsh jumped the leader to get a quick advantage and begin an epic battle for the lead. The trio, along with John Seets, raced into the first turn, but Walsh came out on top. A second caution flew but Walsh jumped the restart again, this time forcing him back one spot on the resulting restart. Walsh disposed of Tom Seets and set the pace until lap 11, when Tom Seets overpowered him for the point. John Seets crept up and the three ran side-by-side until lap 17, when the final caution appeared. Tom Seets raced into the next zip code, leaving brother John and Walsh to duke it out for second and third. Rounding out the unofficial top five were Jake Seets III and Bubbs Smith.

Penalties assessed Tom Seets and Walsh shuffled John Seets into the victory column with Jake Seets III, Tom Seets, Bubbs Smith and Walsh rounding out the official top five. Bubbs Smith dominated the ShortTrack Series main, besting Paul Schrepff, John Dickerman, David Bardin and Mark Freeman. Points leader Terry McClintock, despite crashing early in the event and losing several laps in the pits for repairs, maintained his points lead over Dickerman.

Chris Simmerman raced to his eighth Mountain Dew Street Stock win, topping Chad Naylor and B.J. Seets. Despite the Simmerman win, Seets leads Rick Squires by 92 markers in the points chase. Terry James won a hard-fought Quaker State Sportsman main against Joe Dresch and Tim Barrett. James' win allowed him to hold a 78-point spread over Dresch in the championship run.

Billy Molkenbur won his fifth Tri-City Charger feature, beating Scott Ralston and Jim Ray. The qualifying heat fell to Molkenbur. The Pepsi Legends Series made its final appearance before the second annual Legends Cars Dirt National Championship (Oct. 9-10). Carl Bachner used the opportunity to find the fast lane, winning in convincing fashion.

Granite City places 11th in Quincy

By Rick Broome
Staff writer

The Granite City Warriors golf team finished 11th of 27 teams at the 18-hole Quincy

PREP GOLF Tournament this past weekend. Junior Jeff Jorden was the low finisher for Granite City. He carded an 80 for 18 holes.

Senior Matt Rustio shot an 81, junior Brett Briggs added an 83, and sophomore Brett Solberger contributed an 84. Junior Ty Suhre, who finished 12th overall at the Madison County meet to open the season, shot 85. Granite City shot 413 as a team.

Five scores were counted toward the team total. While tournament results don't effect team standings, it does figure into the players' season averages. Quincy, the host team, won the tournament.

Granite City's next match is today—a quad meet against Edwardsville, Red Bud and Greenville. Granite City had opened the

season by finishing fourth in the county meet, behind Alton, Edwardsville and Triad. But the Warriors bounced back a

few days later in their home opener, defeating Triad, Highland and Civic Memorial.

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Edwardsville can claim national championship

And this time, there's no argument

By Louie Korac
Staff writer

The Edwardsville baseball team can claim to be the best amateur club in the country. Edwardsville proved it by

LEGION BASEBALL
The spring's Illinois High School Association Class AA championship with a 9-4 American Legion World Series title win over Cherryville, N.C., Aug. 25 at Cashman Field.

"We did it! To be national champs — I mean there's tons of teams, and I just can't believe it," said Chad Opel, who was named national Legion player of the year after the game.

After second baseman Edwardsville Post 199's Tim Hanel scooped up the final ground ball of the game and threw out Cherryville catcher Justin Sanford, teammates stormed the mound and mugged relief pitcher Ben Hutton.

James Hutton, Ben's twin brother, started the game and got the win to finish with a 9-2 record. Ben Hutton, who pitched a complete game in the semifinal and ended his prep career as an all-time winning pitcher in IHSA Class AA, recorded his second save of the season.

"This is so overwhelming," said Opel, Edwardsville's leading hitter. "I can't believe

it. James came out and threw awesome (Tuesday)... couldn't ask for anymore out of him, and the bats stayed with it." Edwardsville High won the Illinois High School Association Class AA championship June 15 to end a 400 season. It finished the spring ranked sixth in the nation by USA Today. But Edwardsville does not have to debate its standing among Legion teams.

"There's just a lot to say about this team," Opel said. "Heck, we don't have anybody who thought about getting drafted, yet we played outstanding as a team. We're a team unit, and that's what has carried us to win this whole thing."

Edwardsville finished its Legion season with a 41-7 record. What carried it to victory Tuesday was great pitching and clutch two-out hits — something that has propelled the squad throughout the summer.

"Early on, we didn't get them, and then we started getting them," Opel said. "After we started getting them, I knew we were going to do it then. This national championship is just great."

Center fielder Dave Crouthers was speechless after the game.

"It's indescribable," he said. "I mean, us winning the national championship — nobody thought we could do it. We're just one high school basically except for



Edwardsville shortstop Chad Opel was selected the American Legion National Player of the Year.

(Roxana's) Todd (Haug). To come out here and just basically dominate the World Series, it was a team effort.

"James, the guy's amazing," Crouthers continued. "I don't know how he does it."

Haug, who graduated from Roxana High last spring, was feeling the accolades that come with winning a championship for the first time.

"Now that I'm a part of it, I'm a part of something much more special, in my opinion,"

he said. "Saying the two words 'national champion' says it all. I've dreamed about it. I don't care what sport it is, if you're a national champion, that's unbelievable."

"We never quit. That's the most important thing about this team. We're not a bunch of kids that got drafted. We're not a bunch of (NCAA) Division I players, but we never ever quit. Together, there's nobody we can't beat, and we proved that."

SIUE is loaded with offensive firepower

Continued from Page 1B

Saturday at Bob Guelker Field when it hosts Lindenwood University.

"This past year, our defense was really weak," Korbesmeyer said. "We made some critical mistakes and we needed to shore up that particular situation in the back. I think that is something we need to improve upon and I think we did."

Starting in goal, sophomore Beth Louderman and freshman Shannon Roth of Granite City are battling for the starting position. Louderman played in three games a year ago, totaling 89 minutes. She recorded two saves and had a goal against average of 1.30. Roth was the Warriors starting keeper last spring.

"(Shannon) has shown that position will definitely be shored up," Korbesmeyer said. "She is a tall keeper, and she has shown the ability to make big saves in practice."

Karin Tighe, a senior co-captain, returns to her familiar role as the Cougars' stopper. Tighe was a second team all-Great Lakes Valley Conference selection last fall. Double-team high scoring sensation Tasha Siegel has moved to the backfield to start her collegiate career. Siegel will be the Cougars' sweeper back.

"It has been a bit of an adjustment for her," Korbesmeyer said of Siegel. "Obviously her ability to change from a striker to a sweeper is quite an adjustment for a freshman. She has handled it tremendously. She has a very uplifting personality and she enjoys the challenge."

Vying for the other two starting spots on defense are senior Valerie Hasty (Granite City), juniors Lindsay Strode, and Jennifer Haselhorst (O'Fallon), sophomores Rebecca Mays and Andrea Addotta and freshman Katie Lembeck. Sophomore Michelle Montgomery of Granite City will help take care of things in

the middle for the Cougars. She along with Kristi Siedman started almost every game last year.

"Michelle was a pleasant surprise last year," Korbesmeyer said. "Based on early season practices, she will be a bonafide star at SIUE." JoAnne Drake adds valuable senior leadership to the midfield along with sophomore Megan Steward, who earned a starting role near the end of the 1997 campaign. Jamie Cavanaugh returns this season after red-shirting last year because of an injury.

SIUE's all-time leading women's scorer, Janice Friedrich, returns for her final season. Last year, Friedrich surpassed Deana Wallace (the current Collinsville girls soccer coach) as the Cougars all-time leading scorer with 137 points. Wallace had established the mark of 104. Friedrich is also the SIUE's all-time goal scorer (32) and assists leader (33).

A year ago, Friedrich became the school's first female player to post 20 or more goals in consecutive seasons. In 1996, she was the GLVC Player of the Year.

"Janice was definitely double-teamed last year and at times got very frustrated with the fouls committed on her," Korbesmeyer said. "Sometimes it was unfair, the way teams played against her but also we scored more goals than we ever scored."

If teams continue to double-team Friedrich, they will likely pay the price from junior Megan Beagles, who can also find the back of the net. Beagles scored 10 times and dished off five assists last year.

Senior Shamir White and freshman Leslie Henigman will also find the back of the net.

All in all, Korbesmeyer likes the makeup of the 1998 Cougars. He saw a good indication of the squad's talent Aug. 22 when SIUE lost by one goal (2-1) to Saint Louis University in an exhibition match.

Warriors open with win vs. Peoria Richwoods

Continued from Page 1B

distributed the ball and controlled things out there.

"Jarod MacMillan had an outstanding defensive game. He won the ball in the air, on tackles, and distributed well."

"Bob Scott played really well for his first game. I thought he showed real poise. Justin Stone had a good game."

"Corey Winfield and Mike Smith were our catalysts, and they did the things

they were supposed to. Andrew Crider gave us good time off the bench, particularly with an excellent first half. He had a great scoring opportunity, which he didn't put away, but he worked really hard to get himself in position for the attempt. Jason Hilleman also gave us great time off the bench."

"The one disappointing thing was that we gave up two corner kicks, which we would rather not do."

Granite's next three games are at home, a homestand that began Tuesday

against Civic Memorial.

"Last year's game against Civic Memorial was close," said Baker. "It was tied for most of the game. We pulled it out in the end, but just barely — by the skin of our teeth. We need to be ready and play well."

That also applies to the Warriors' next two home games — Thursday against St. Charles (Mo.) County's Francis Howell Central and next week's showdown with perennial Missouri title contender St. Louis Vianney.

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Community calendar

Editor's note: The community calendar contains items for Sept. 2-8 only. Events that happen weekly run during the first and third weeks of the month only.

Church

GENERATION JESUS YOUTH GROUP, led by youth minister, meets from 5 p.m. to 8 p.m. every Sunday at Nanook United Methodist Church, 1900 Pontoon Road.

JESUS EVERY THURSDAY (JETS), led by the music director, is for kids 3 to 11 years old. It meets from 7 p.m. to 8:15 p.m. Thursdays for music-Bible study and fun at Nienkirkhaus United Methodist Church, 20th and Delmar. Mom's Bible study and share group meets at the same time as children. For more information, call 877-4555.

TEMPLE BAPTIST CHURCH Adventure Club, an after school activity for grades four through six, meets 3:30 p.m. to 5 p.m. Tuesdays at the church, 1900 Harris St. For more information, call 452-0273.

Community

MITCHELL FIRE PROTECTION DISTRICT 2 regular monthly board meeting is 7 p.m. the second Tuesday of each month at 5123 Maryville Road, 931-4521.

MADISON COMMUNITY ACTION GROUP meets at 7 p.m. every Wednesday. For more information, call Dan at 452-2336 or Diane at 876-1360.

MADISON COUNTY GENEALOGICAL SOCIETY meets at 7 p.m. the second Thursday of each month in Immanuel United Methodist Church, 900 N. Main, Edwardsville.

EDWARDSVILLE KENNEL CLUB meets at 7:30 p.m. the second Thursday of each month. Hayer Maltory Community Building, 216 Crane St., Edwardsville. The meeting is open to public.

EAGLES AUXILIARY 1128 BINGO is held at 1 p.m. every Sunday at the Nanook Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffish.

Food-Nutrition

MEALS OF LOVE, sponsored by Madison County Baptist Association, free meals to anyone in need are served from 4:30 p.m. to 8 p.m. every Tuesday in Second Baptist Church, 21st and Illinois streets in Granite City. Everyone is welcome.

POLISH PIEROGI SALE will be held 9 a.m. to noon first Saturday of each month in Sacred Heart Polish National Catholic Church, 330 Reynolds, Madison. Seven varieties are available: cabbage, cheddar, kielbasa, sausage and kraut, plum pudding and taco. Carry-outs only. \$8 per dozen. Cooked and ready to eat. Also, Chrusecki and rosettas. Order ahead by calling 876-5860, 676-3596, or 931-3367.

RESCUE MISSION food pantry, 1536 Fourth St. in Madison is open from 9 a.m. to noon every Saturday. Samuel Turner is the chairman, Valonda Turner is the secretary, and Alfred Turner is the pastor.

ST. JOHN LUTHERAN CHURCH MONTHLY COUNTRY BREAKFAST is served 8 to 11 a.m. the second Saturday of each month at 2001 St. Clair Ave. Eggs, sausage, pancakes, biscuits, homemade gravy, jellies, coffee and orange juice are offered. Meals are \$4 for adults, \$2 for children. Call 451-7788 for more information.

Health-Exercise

Bamia Chiropractic offers FREE ELECTRONIC SPINAL SCREENING from 9 a.m. to noon every Tuesday and Thursday at 3381 Fehling Road in Granite City. Call 876-2273 for more information.

TOPS 2363 meets at 6:30 p.m. every Thursday in Anchorage Recreation Center, 2909 Edwards St. For more information, call Bobbie at 452-0273.

FREE SENIOR CITIZEN EXERCISE CLASS meets 9 a.m. every Thursday in Anchorage Recreation Center, 2909 Edwards.

TOPS 2048 meets at 6 p.m. every Monday at Melvin Priebe Support Center in Granite City. Call 876-2124.

TOPS IL 645 meets at 7 p.m. every Monday in Anchorage Recreation Center, 2909 Edwards St. in Granite City. Call 452-6102. Men and women welcome.

TOPS 1699 meets at 6:45 p.m. every Tuesday in the Anchorage Recreation Center, 2909 Edwards St. Call 797-2724 for more information. Men and women are welcome to attend.

TOPS IL 2417 meets at 6 p.m. every Tuesday in Calvary Lighthouse Church of God, 1205 W. Pontoon. Weight-in is at 6:30 p.m. Anyone age 7 or above with a weight problem is welcome. For more information, call Ann at 452-6102.

MADISON COUNTY URBAN LEAGUE HEALTH CARE SERVICES offers the following each week at 500 Madison Ave. in Madison: Walk-in pregnancy testing and prescription refills, 10 a.m. to 3 p.m. Mondays; Family planning services, 9 a.m. to 4 p.m. Tuesdays; STD screening and treatment, 9 a.m. to 4:30 p.m. Wednesdays; and family planning services, 9 a.m. to 4:30 p.m. Call 452-5394 for appointments or more information.

Organizations

AMERICAN ASSOCIATION OF RETIRED PERSONS CHAPTER 1340 meets at Granite City Township

Hall second Wednesday of each month. Doors open at 6 p.m., refreshments served at 6 p.m. All seniors 50 and older are welcome. For information, call 877-3020.

MEN'S FELLOWSHIP GROUP of Central Christian Church meets at 8:30 a.m. the second Wednesday of each month for breakfast and fellowship. For more information, call 931-2088.

NAVY MOTHERS CLUBS OF AMERICA meets at 7:30 p.m. second Thursday of each month at the Veterans of Foreign Wars Post in Granite City. Mothers, fathers, daughters, wives or sisters of former and present Navy, Marines, Coast Guard or Sea Bees are encouraged to join. For further information, call 931-2292 or 876-2209.

THE JOLLY QUILTERS meet from 9 a.m. to 2 p.m. every Thursday in the Social Center, 906 Thorngate Drive, Mitchell.

GRANITE CITY COMMUNITY BAND rehearsals are held 7:30 p.m. to 9 p.m. every Thursday in St. John United Church of Christ, 2801 Harwood Road, Granite City. Call 931-0443.

GRANITE CHAPTER 650 ORDER OF THE EASTERN STAR meets at 7:30 p.m. the second Friday of each month, at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

DOWNTOWN NEIGHBORHOOD RESTORATION SOCIETY meets at 8 p.m. the second Friday of each month in Granite City. Call 876-7715.

NATIONAL ASSOCIATION RETIRED FEDERAL EMPLOYEES meets at 11:30 a.m. the second Tuesday of each month, starting in September, at Charlie's restaurant. Lunch starts at 11:30 with a meeting afterwards. For information or reservations, call 452-3586.

BAND PARENTS ASSOCIATION OF GRANITE CITY HIGH SCHOOL meets at 7 p.m. the second Tuesday of each month at 3101 Madison Ave. Call 451-5806.

BENEVOLENT AND PROTECTIVE ORDER OF ELKS, Granite City Lodge 1053, meets at 8 p.m. the second

Tuesday of each month in the lodge on Maryville Road, Granite City. Call 931-3557.

KNIGHTS OF COLUMBUS, 3RD DEGREE meets at 7:30 p.m. the second Tuesday of each month, 4225 Old Alton Road. Call 877-4250.

KNIGHTS OF COLUMBUS, 4TH DEGREE, meets at 7:30 p.m. the third Tuesday of each month, 4225 Old Alton Road. Call 877-4250.

GRANITE CITY KIWANIS meet at 7:30 a.m. every Tuesday at Shoney's.

Seniors

PONTON BEACH SENIOR CITIZENS BINGO is held at 11:30 a.m. every Wednesday, 3910 Highway 111, Pontoon Beach.

EAGLE PARK ACRE SENIORS OF MADISON meets from 10 a.m. to noon every Thursday at 100 Hill St. (rear), Eagle Park Acres, Madison.

FREE SENIOR CITIZEN EXERCISE CLASS meets at 9 a.m. every Thursday in the Anchorage Recreation Center, 2909 Edwards.

FRIDAY AFTERNOON PINOCCHLE CLUB for seniors 55 and older meets at 12:30 p.m. every Friday at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

Support Groups

THE CHURCH OUTREACH INC. meets from 7 p.m. to 9 p.m. every Wednesday in True Fellowship M.B. Church, 1641 3rd St., Madison. The church is an outreach program designed to support its community in the struggle with drug control. All meetings are confidential. For more information, call 877-TSUE.

STROKE SUPPORT GROUP for patients, their families and caregivers meets at 8:30 p.m. the second Wednesday of each month in Pascal Hall, St. Elizabeth Medical Center. Refreshments are served. Call 788-3018 for more information.

PULMONARY SUPPORT GROUP for persons with diagnosed lung condition meets from 11 a.m. to noon every Wednesday in 4-Doctors Solarium, St. Elizabeth Medical Center, 788-3019.

AL-ANON meets 9:30 a.m. every Monday, 2116 Edison (side door) in Granite City. Call 463-2429.

ALCOHOLICS ANONYMOUS meets 11 a.m. and 8 p.m. every Wednesday, 2116 Club, 2116 Edison, Granite City. Call (800) 307-6600.

AL-ANON ADULT CHILDREN meets at 7 p.m. every Wednesday in St. Elizabeth Medical Center, 2100 Madison Ave., in Kettler Center Conference Room A. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS meets at 8 p.m. every Wednesday in St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

ALCOHOLICS ANONYMOUS meets 11 a.m. and 8 p.m. every Thursday and noon and 8 p.m. every Friday at 2116 Edison, Granite City. Call (800) 307-6600.

ALCOHOLICS ANONYMOUS meets at 8 p.m. every Thursday in the Presbyterian Church, Mitchell. Call (800) 307-6600.

AL-ANON meets at 7 p.m. every Thursday in St. Elizabeth Medical Center, 2100 Madison Ave., in Kettler Center Day Care room C. Call 463-2429.

ALCOHOLICS ANONYMOUS meets at 8 p.m. every Saturday and 1:30 p.m. and 8 p.m. every Sunday at 2116 Club, 2116 Edison, Granite City. Call (800) 307-6600.

ALCOHOLICS ANONYMOUS meets at 8 p.m. every Sunday in St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City. Call (800) 307-6600.

MULTIPLE SCLEROSIS SELF-HELP GROUP meets from 7 p.m. to 9 p.m. the second Thursday of each month in Pascal Hall at St. Elizabeth Medical Center, 2100 Madison Ave., Granite City. Call 767-2760 or 451-0728 for more information.

ALATENE AND PREALATENE PROGRAM for 12 to 17 age group, and prelatene for seven to 11 year age group, now meets at 7 p.m. every Thursday in St. Elizabeth's Medical Center, 2100 Madison in Kettler Center C Dayroom. For more information, call 463-2429.

SOUTHERN ILLINOIS DIVORCED AND SEPARATED CATHOLICS meet at 7:30 p.m. the second Friday of each month (September through May) in St. Boniface Church, 128 N. Buchanan, Edwardsville. Call 465-1483.

HEREDITARY ATAXIA (a disorder of nerve cells in the spinal cord and cerebellum) **SUPPORT GROUP** meets the second and fourth Friday of each month. Call Curt Williams, 877-5172, for information.

STEMMS (Support Together for Emotional and Mental Serenity and Sobriety). A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 p.m. to 2:30 p.m. every Friday at Pascal Hall, St. Elizabeth Medical Center. Call 788-3604 for more information.

DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION OF MADISON COUNTY will meet from 1 p.m. to 3 p.m. every Friday in St. Elizabeth Medical Center, Granite City, in the Milson Room located in the basement. For more information, call the DMDA office at (314) 776-3869.

NARCOTICS ANONYMOUS, Seeking recovery, meets 8 p.m. every Thursday, 2016 Delmar Ave. 24-hour hotline is 398-9409.

NARCOTICS ANONYMOUS, Acceptance, meets 8 p.m. every Saturday, 2016 Delmar Ave. 24-hour hot-line 398-9409.

NARCOTICS ANONYMOUS, Live the Steps, meets 8 p.m. every Sunday, 2016 Delmar Ave. 24-hour hot-line 398-9409.

CHEMICAL DEPENDENCY RELAPSE PREVENTION group meets from 8:30

p.m. to 8:30 p.m. every Monday in the Edwardsville Health Center, 1123 University Drive, Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3388.

NEGLECTED VICTIMS OF CHILD SEXUAL ABUSE, a support group for non-offending parents of victims, meets from 6 p.m. to 7:30 p.m. every Monday in Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center, call 692-2197 for details.

BETTER BREATHERS, support group of those with chronic lung condition, meets at 1 p.m. the second Tuesday of each month in Pascal Hall, St. Elizabeth Medical Center. Call 788-3118.

MASTECTOMY SUPPORT GROUP meets from 7 p.m. to 9 p.m. second Tuesday of each month in Pascal Hall, main floor, St. Elizabeth Medical Center. Call 798-3510.

SINGLES CONNECTION events for the week of Sept. 2-8 are: Time for game night, 7 p.m. Wednesday. Bring games and cards to imo's in Edwardsville. RSVP to Paul, 332-1731. Join the group for dinner at 7 p.m. Friday at Ralph & Charles in Pontoon Beach. RSVP to John, 286-9127. Try your hand at miniature golf, meet at 9:30 p.m. Sunday for dinner at Family Fun Time in Collinsville and play at 8:30. RSVP to Paul at 332-1731. Come at 2 p.m. Monday for annual Labor Day

See Calendar, Page 6B

A Woman's Place is in The Market

A Retirement Planning and Investment Workshop for Women. Hosted by: Alex Wathen, *Advest Investment Executive*

Tuesday, Sept. 8th: Collinsville Comfort Inn

Thursday, Sept. 17th: O'Fallon Comfort Inn

Afternoon session: 3:00 - 4:30 p.m.

Evening session: 7:00 - 8:30 p.m.

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Group news

Seniors Unlimited
Seniors Unlimited of Niedringhaus United Methodist Church held its monthly meeting Aug. 26 in Wesley Hall at the church. Meeting opened with Becky Slate, who also offered the blessing before the meal. Lunch was subway sandwiches, chips and ice cream sodas.

Col. John Doggett of the Charles Melvin Price Support System was the speaker for the day. Doggett is from the judge advocate general's office in St. Louis.

He talked about the assistance they give to the personnel. Doggett and his wife, Betty, are members of Niedringhaus United Methodist Church.

Director Del Groothuis announced the group would be making a trip to Purina Farms and Lone Elk Park in September.

The next meeting will be Sept. 30 at the church. There were 72 in attendance.

Womans Christian Temperance Union
The August meeting of the Granite City Womans Christian Temperance union was held Aug. 24 in the Fellowship Hall of the Central Free Methodist Church in Pontoon Beach. At 6:30 p.m., a delicious potluck supper was enjoyed by the group.

President Doris Brown introduced two boys, Ryan Heard and Ben Martin, who attended the Youth Temperance Council Camp, which was held in June at the Nazarene Akers Camp. They reported having a good time and benefitting spiritually by the camp.

Brown and her husband, Vernon, attended the National WCTU Convention Aug. 12-16 at the Marriott Hotel in Racine, Wis. While there, they visited the National Headquarters of the WCTU in Evanston. They also saw the home of Frances Willard, who was an early leader of the WCTU.

The meeting was closed with

a devotional by Art Cariss. He spoke about "Living Today." We can be saved from anxiety by putting our trust in the Lord and committing our lives to him.

The next meeting of the WCTU will be held Sept. 28 in the fellowship hall of the Central Free Methodist Church in Pontoon Beach.

Old Six Mile Historical Society

The first meeting of the Old Six Mile Historical Society was held at 7 p.m. Tuesday in the United Presbyterian Church, 1700 Pontoon Road. The speaker, Shirley Valencia spoke about what the Mexicans have done in Granite City to preserve their heritage and traditions. Several Mexican dances were presented.

Modern Woodmen

Barbara J. Henderson, district representative for Modern Woodmen of American fraternal life insurance society, recently attended a conference

in Mt. Vernon, where she was given an update on the Modern Woodmen of America Youth Service Club Programs. There was also a session on motivation, importance of games in childhood and leadership.

Henderson has been a youth club leader for three years.

Henderson also was cited for outstanding life insurance service at the 48th annual convention of the National Association of Fraternal insurance counselors, which met recently in the Sheraton Hotel in Hamilton, Ontario, Canada.

Certificates for quality service and production based on 1997 production was presented to Henderson.

As a fraternal insurance counselor, Henderson was required to complete examinations and meet advanced training course; pass the comprehensive examinations and meet established requirements. Barbara has been a MWA representative in this area since April 1994. The club stresses patriotism,

love of country and flag; fraternalism, helping and caring about others; and respect of family, community, country and self, with growing through involvement in the many programs offered by the club.

There are more than 800 clubs throughout the United States, with the leaders involved in helping today's children become tomorrow's responsible citizens. Modern Woodmen has home offices in Rock Island that serves more than 760,000 members nationwide.

Alzheimer's Association

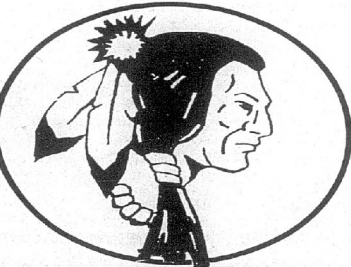
The Alzheimer's Association, in partnership with Louis Latzer Memorial Library, will present "Understanding Alzheimer's Disease and Dementia," an educational program to help area families dealing with memory loss, from 6:30 to 9 p.m. Sept. 15 at the library, 1001 Ninth St., Highland.

This free community program provides a medical overview of the disease, coping strategies for dealing with

difficult behavior, brain autopsy programs, legal and financial planning and community resources. Thomas Meuser, Ph.D., administrative director and community liaison with Saint Louis University Brain Bank, will be the keynote speaker. Local attorney Nancy Larson will address legal and financial planning options.

Alzheimer's disease is a progressive, degenerative brain disease resulting in impaired memory, thinking and behavior. The disease is the fourth-leading cause of death among adults. The Alzheimer's Association serves 38 counties in eastern Missouri and western Illinois, helping more than 55,000 people affected by Alzheimer's and their caregivers. Across the United States, there are more than 4 million people affected by Alzheimer's and 20 million family members who care for them.

The program is free, but registration is required. For more information or to register, call the Alzheimer's Association at (800) 980-9030.



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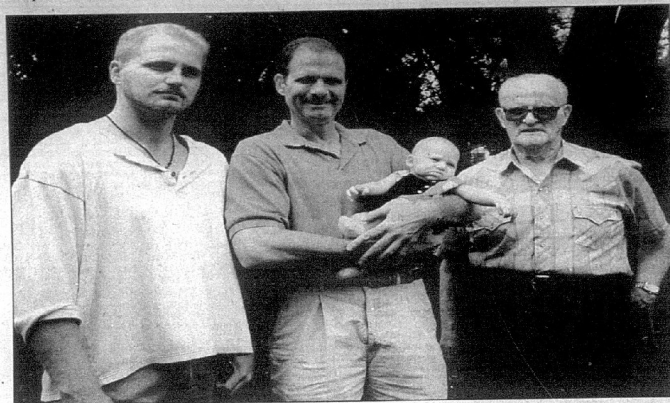
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Marriage licenses

Anthony Joseph Marchetti and Cynthia Lynn Marchetti, both of Collinsville.
Richard Earl Merrifield and Wanda Lois Vogler, both of Collinsville.
Denny Joe Micheletto and Carla Ann Barnhart, both of Marine.
James Reed Moran and Mary Frances Adams, both of Madison.
Robert Floyd Morgan Jr. of Edwardsville and Paula Carrie Hefner of Granite City.
Shawn Christian Neace of Glen Carbon and Alison Christine Garner of Edwardsville.
Darin Dewane Ollis and Tara Lynn Thompson, both of Granite City.
Christopher John Petras and Amy Marie La Rose, both of Granite City.
Jason Scott Pickett and Melinda Sue Silvers, both of Granite City.
Leeland Brent Ross and Kelley Ann Jankowski, both of Collinsville.
Keith Lee Schroeder of Edwardsville and Beverly Diane Butcher of Glen Carbon.
Lathan Tyrone Smith and Jacqueline Antonette Gibson, both of Edwardsville.
William Jack Smith Jr. and Barbara Jean Kingsley, both of Granite City.
Sean Michael Snow and Emily Layla Fritter, both of Troy.
Jammie Roland Stephens and Shirley Jean Cardella, both of Troy.
Bryan Eugene Steward of Fort Hood, Texas, and Tara Nicole Johnson of Edwardsville.
Scott Andrew Stoltz and Kerri Rose Buchanan, both of Edwardsville.
Andrew Lee Thaxton and Eugenie Marie Antonette Williams, both of Ponton Beach.
Daniel Leon Tucker and Evelyn Lucille Traband, both of Edwardsville.
Jeffrey Allen Turner and Barbara Sue Stone, both of Moro.

Mathys Marion Vanryswyk and Kelly Joann McAllister, both of Edwardsville.
Mark Henry Walker and Tina Yvonne Tarr, both of Collinsville.
James Lester Whaley Jr. and Karen Ann Broyles, both of Madison.
Jeffrey Lee Winn and Anna Marie Green, both of Granite City.
Daniel Alan Wyatt and Sheila Marie Wood, both of Granite City.
Bernie Royce Alford Jr. and Alice Lynette Tilley, both of Glen Carbon.
Garland Edward Ashley and Christine June Wulf, both of Worden.
Daniel James Baker of St. Louis and Cheryl Ann Scarborough of Collinsville.
Terry Allen Beasley and Rosetta Walker, both of Alorton.
Gary Richard Bechtold and Margie Pauline Copeland, both of Alorton.
Jonathan Carl Becker of Moro and Amy Michelle Cottrell of Edwardsville.
Louis Vance Bertels and Paula Renee Maad, both of Worden.
John Clement Boushaid Jr. and Tara Jane Wyatt, both of Granite City.
Steven Charles Bringer and Valerie Lynn Suecker, both of Granite City.
John Allen Brown and Cynthia Ann Crable, both of Granite City.
Patrick William Butler and Amy Katherine Boyer, both of Maryville.
John William Carter and Cheryl Ann Gardner, both of Granite City.
Stephen Raymond Chapman and April Marie Gusweller, both of Edwardsville.
Arla Dieter Christie and Jill Cathleen Yentz, both of Edwardsville.
Bryan Robert Davis and Kristine Marie Palmer, both of Collinsville.
Donald Groetecke Jr. and Heather Bea Shaffer, both of Granite City.

City.
Michael George Ham of Collinsville and Carolyn Fay White of Edwardsville.
Robert Wayne Harris of Alton and Penny Renee Wilson of Edwardsville.
James Robert Hinklin and Lisa Marie Webb, both of Granite City.
Gregory Paul Keck and Roberta Pfeiffer, both of Collinsville.
Robert Dale Kirksey Jr. and Nicholle Alta Angeline Gorno, both of Granite City.
Jeremy Ryan Lange and Catherine Lynn Kirk, both of Maryville.
Richard Reese Llewellyn Jr. and Angela Darlene Pfeiffer, both of Edwardsville.
Guy Clifton Love and Kimberly Renee Annable, both of Granite City.
Darran Eugene Mayhall and Ann Marie Mitchell, both of Granite City.
Jason Paul Morgan and Shelly Elizabeth Green, both of Granite City.
Terrance Dean Neutzing and Amy Marie Martintoni, both of Glen Carbon.
Kevin Wayne Newcombe of Troy and Angela Kathleen Ort of St. Peters, Mo.
Ray James Parker and Jennifer Marie Cook, both of Collinsville.
Ricky Lee Petrokovich of Moro and Carla Joyce Kelley of Granite City.
Matthew Lawrence Ritz of Lebanon and Gina Marie Deltors of Highland.
Robert James Rocha and Jamie Lynn Wood, both of Granite City.
Joseph William Van Meter and Anna Kay Ross, both of Granite City.
Scott Michael Ventimiglia and Jamie Melinda Woolsey, both of Edwardsville.
Chad Patrick Verhoff of Edwardsville and Dana Faral Wickenhauer of Alton.
Andrew Laine York and Patricia Elaine Kimball, both of Collinsville.



Four generations

Four generations of the Simpson family gathered recently. From left are Kip Simpson; Tim Simpson, holding his grandson, William Dalton Christopher; and great-grandfather William Simpson.

DEPRESSION

Clinical Research Associates of Edwardsville urgently needs volunteers age 18 and over with Depression to participate in research studies comparing investigational drugs with available antidepressant medication and placebo. If you or someone you know has depression please give us a call. Symptoms include:

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- HOPELESS AND HELPLESSNESS
- APPETITE OR WEIGHT CHANGE
- FATIGUE, SLEEP DISTURBANCE
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Edwardsville, Illinois 62025 (618) 659-0292
Lynn A. Cunningham, M.D.
Director of Clinical Research

In service

Air Force Aviator **SAMUEL C. KECK** has graduated from basic military training at Lackland Air Force Base in San Antonio, Texas.



During the six weeks of training, he studied the Air Force mission, organization and customs and received special training in human relations.

Keck is the son of Kathy J. Keck of Granite City and Theodore J. Keck of Edwardsville. He is a 1996 graduate of Granite City High School.

Army Pvt. **ANTONIO V. THOMAS** has entered basic military training at Fort Jackson in Columbia, S.C. Thomas, a 1996 graduate of Madison High School, is the son of Betty Thomas of Madison and Willie J. Thomas of Venice.

Do you have an item for this column? The Journal particularly wants pictures of your loved ones in action where they are serving. Send your photos and military news to: The Granite City Journal, 1615 Delmar Ave., Granite City, IL 62040.

Calendar

Continued from Page 6B

picnic at Edwardsville Township Park on Center Grove Road. Meet at our shelter by the ice rink. Bring your own meat and drinks, plus a side dish or dessert to share. Meet at 7 p.m. Tuesday at the Edwardsville YMCA Esic Drive for Volleyball, volleyball on a racquetball court with a softer ball. Cost is \$3 for 2 1/2 hours of play. Call Paul, 328-1731, for more information.

ALCOHOLICS ANONYMOUS (women only) meets at 8 p.m. every Tuesday in Presbyterian Church, Mitchell. Call (620) 307-6600.

ALCOHOLICS ANONYMOUS meets at 8 p.m. every Tuesday in St. John's United Church, 2901 Nameoki Road, Granite City. Call 632-9078.

AL-ANON meets at 8 p.m. every Tuesday in St. John United Church, 2901 Nameoki Road, Granite City. Call 463-2429.

THE CIRCLE OF HOPE, a 12-step healing program for anyone whose life is affected by HIV infection, meets at 7 p.m. every Tuesday in the King's House, N. 66th St. Belleville. For more information, call 234-0291.

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Saturday, September 12 • 1 pm to 4 pm

Registration: 11:30 am to 12:45 pm

Limited to 20 per category

Minimum \$5 donation to Humane Society of Missouri per registration.

A variety of contests will take place as canines enter-off beat categories including:

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A guide for planning a perfect wedding

The Suburban Journals-Ladue News Bridal Planner will include information about everything the well-prepared bride or groom needs to know in order to plan a successful wedding. The spiral-bound book will contain bridal businesses, stories, photos, checklists and worksheets to help coordinate and organize all of your wedding details.

To receive your free copy of the Bridal Planner simply fill out the form below and take it to your local Suburban Journals office (call 314/821-1110 for the nearest office), or mail it to: Bridal Planner, 1714 Deer Tracks Trail, St. Louis, MO 63131. (For mail in requests please allow 3-6 weeks for delivery.)

☐ Please send me a copy of the Bridal Planner.

Bride's Name _____
Groom's Name _____
Proposed Wedding Date _____
Street Address _____
City _____
State _____ Zip _____
Phone _____



Suburban Journals

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September 16-20 • America's Center

Show Hours

Wednesday 5 p.m. - 10 p.m.
Thursday-Saturday Noon - 10 p.m.
Sunday Noon-6 p.m.

Admission

Adults: \$6
Children 6-12: \$2
Children Under Six: Free

Special Discounts

• Half Price Adult Admission
Coupons are available at all area Schnucks stores. The coupons are good only Wednesday, September 16 from 5 p.m. to 10 p.m., Thursday, September 17 from noon to 10 p.m. and Friday, September 18 from noon to 5 p.m.

Parking/Shuttle

An additional 3,500 spaces are available at Laclede's Landing and the Arch Garage. Show visitors can park in these lots for three dollars and catch a free shuttle to and from America's Center.

HOME & REMODELING SHOW

FREE SENIOR ADMISSION
Thursday September 17, Noon - 5 p.m.
Friday, September 18, Noon - 5 p.m.

Suburban Journals

Seniors over the age of 62 can present this coupon at the Home Show box office Thursday and Friday, September 17 and 18, 1998, between noon and 5 p.m. and receive one free adult admission. Limit one offer per coupon. Multiple coupons may be used by only one family.



Hybrid funds, taxable bond funds come in many forms

Recently we began a series to help you understand the wide range of mutual fund investment objectives. This week we continue our discussion with hybrid funds and taxable bond funds.

Hybrid funds invest in a mix of stocks and debt securities, such as bonds. There are four types of hybrid funds:

- Asset allocation funds seek high total return (Capital growth plus dividends) by investing in stocks, fixed income securities and money market instruments. These funds maintain a precise weighting of each type of security.
- Balanced funds invest in a specific mix of stocks and



Jeff Prosser

bonds, with objectives of conserving principal, providing income and achieving long-term growth of both.

• Flexible portfolio funds seek high total return and invest in the same three types of securities as asset allocation funds. The difference is that flexible portfolio funds may invest up to 100 percent of their portfolio in any one of the

three types of securities, and this mix can change depending on market conditions.

• Income-mixed funds invest in a variety of income-producing securities, including stocks and bonds, to seek a high level of current income.

Taxable bond funds seek to provide current income by investing primarily in bonds. There are five main types, with different varieties of each.

• Corporate bond funds invest in at least two-thirds of its portfolios in corporate bonds. General corporate bond funds have no restriction on the maturity of the bonds in their portfolios. Intermediate-term

corporate bond funds invest primarily in bonds with maturities of five to 10 years, and short-term corporate bond fund invest in bonds with maturities of one to five years.

• High-yield funds invest in at least two-thirds of their portfolios in lower-rated corporate bonds.

• World bond funds invest in debt securities of foreign companies and governments. General global bond funds invest in securities with no stated average maturity, or maturities of more than five years. Short-term global bond funds invest in securities with maturities of one to five years. Both of these funds may invest

up to 25 percent of their portfolios in U.S. companies. Other world bond funds invest in at least two-thirds of its portfolios in a combination of foreign government and corporate debt. Some funds in this category invest primarily in emerging markets.

• Government bond funds pursue high-current income by investing in at least two-thirds of its portfolios in securities issued or backed by the U.S. government. General government bond funds invest in securities with no stated average maturity. Intermediate-term government bond funds invest in securities with maturities of five to 10 years, and short-term

government bond funds invest in those with maturities of one to five years. Mortgage-backed funds invest in mortgage-backed securities.

• Strategic income funds invest in a mix of U.S. fixed-income securities to provide high current income for shareholders.

These descriptions are based on a list published by the Investment Company Institute. Keep in mind, individual funds may define their objectives differently, so it's important to read your fund's prospectus.

Jeff Prosser is an investment representative for Edward Jones in Granite City.

Grand opening

Simply Elegant Crafts celebrated its grand opening Aug. 1 in Pontoon Beach. Present for the ribbon cutting were Emily Johnson, Vicky Hopkins, Owner Pamela Forne, Pontoon Beach Mayor Glen Wilson, Regional Director Adell William, R.C. Bush of the Chamber of Commerce, Glenda Phegley, Judy Modrusic, Donna Schaefer, Carol Hunt, Ruth Patton, Jim Patton, Jim Hill, Peggy Marsale and Helen Marsale.

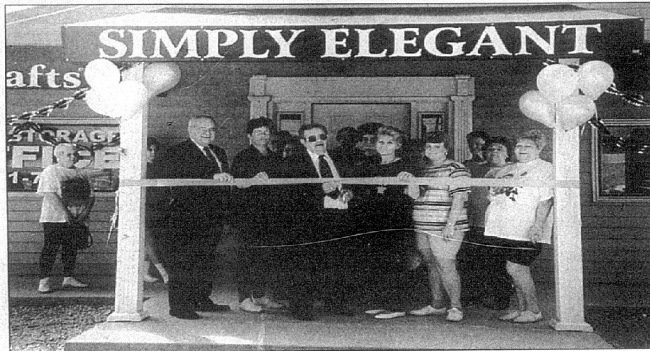


Photo courtesy Tri-Cities Area Chamber of Commerce

IP extends deadline for grant applications

With more than 100 entries already submitted, the application deadline for Illinois Power's "Bright Ideas" community grant program has been extended two weeks to Sept. 15.

The new deadline came in response to community organizations that requested more time to complete applications. Illinois Power is awarding 30 grants of \$5,000 each — a total of \$150,000 — to fund projects throughout the utility's service area. Applications received to date seek funding for a broad range of innovative community programs, including new recreational facilities, youth educational programs, outdoor antique lighting, building renovations, beautification projects, access improvements for people with disabilities and many others.

"We are very pleased that the response to this program has been so positive throughout our service territory," said Robert Reynolds, vice president of customer solutions for IP. "Our communities have come up with some truly innovative 'Bright Ideas,' and we're proud to be able to award these grants to make many of these ideas a reality."

Local civic leadership groups throughout Illinois Power's service territory have been formed to judge the Bright Ideas applications. The 30 ideas selected for the funding are expected to be announced by Oct. 15.

The program is designed to support new initiatives that will make a local community a better place to live, work and play.

Ideas could include such initiatives as education, economic development, redevelopment, beautification and others. Grants are not intended to fund existing projects, but a grant may be used as seed money to begin a Bright Idea that costs more than \$5,000.

Applications may be submitted by local community and business organizations, schools and school organizations, non-profit groups and city or county government agencies. To obtain a Bright Ideas brochure and application, please call 1-800-552-5971 and ask for Mary, extension 772. For additional information the program, call 1-800-755-5000 and ask to be transferred to your IP regional manager or customer relations manager.

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Horoscope

WEDNESDAY
The moon is in the morning, and turn toward the morning. With aggressive loving Venus in aspect to the tempers men find yourself in fight, so avoid cause anxiety. Breath. Remember starts with.

ARIES
An important your attention next week. New manager more approach work than I. Enjoy the c.

TAURUS
Platonic love. Get D.

'Forecast'

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Horoscope

WEDNESDAY, SEPT. 2
The moon enters Aries this morning, and thoughts will turn toward personal gain. With aggressive Mars and loving Venus in a difficult aspect to the emotional moon tempers may flare. You may find yourself spilling for a fight, so avoid situations that cause anxiety. Take a deep breath. Remember, a fight starts with the second punch.

ARIES (March 21-April 19)
An important person catches your attention — by this time next week, you are drawn in! New management will show more appreciation for your work than the others did. Enjoy the change.

TAURUS (April 20-May 20)
Platonic love turns to romantic love. Get back in the graces of



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a relative or boss today, or it will take another month. Travel for pleasure as well as exploration will bring new business ideas.

GEMINI (May 21-June 21)
The opportunity to change offices will allow you to flee a bad working environment.

Some one who never properly said goodbye would love to see you again. Use high-powered contacts sparingly.

CANCER (June 22-July 22)
The artist you add to domestic pursuits gets rave reviews. Romantic developments may preoccupy you; make a conscious effort to respond to friends as well. You will want them around in the future.

LEO (July 23-Aug. 22)
You have terrific style, so why not try harder to show it? It's been a long time since you believed in yourself so much. Results are forthcoming. New creative projects are your vehicle for self-discovery.

TODAY'S BIRTHDAY (Sept. 2)
A new outlook, a revitalized

appearance and a spurt of youthful exuberance will accompany your ascension to bigger responsibilities this year. You can find success through helping those who help others, possibly in the fields of medicine or research. A position of behind-the-scenes power could become available in the next few months. Love looks lively in September and January.

VIRGO (Aug. 23-Sept. 22)
Your skillful defense of one who cannot defend him or herself will win you respect. A vivacious Scorpio could court you. A former associate will try to get you involved in a romantic relationship.

LIBRA (Sept. 23-Oct. 23)
A change of scenery does you good; this could mean

redecorating! Trust that you will always find situations that are right for you. Whatever happened to that uncommon friend? Look up a lost soul, and give a call.

SCORPIO (Oct. 24-Nov. 21)
Others may say you are fawning, but there is nothing wrong with doing more than is expected from you in the workplace. A loved one's medical check up will show good health. Remember history.

SAGITTARIUS (Nov. 22-Dec. 21)
Friends will understand your desire to focus on work, new classes or a romance. Spend time outdoors. The best way to deal with an opinionated relative is to not challenge his or her opinion constantly.

CAPRICORN (Dec. 22-Jan. 19)
The same individual who spoke to you about employment possibilities will court you. Work difficulties will ease when you decide not to let minor things rule your life. Exercise.

AQUARIUS (Jan. 20-Feb. 18)
An individual who didn't believe in you in the past will ask for your advice concerning his work. Be a more mature person than your peers. Your next business trip will be an occasion for pleasant surprises.

PISCES (Feb. 19-March 20)
A whim should be acted on definitely but not extremely. If you want to know how you rate with a lover, just start reading between the lines. A work situation will stabilize after necessary communications.

'Fools' captures rock'n' spirit of revolutionary era

Only a handful of movies have captured the excitement and unique character of the

era that created rock 'n' roll. "The Idolmaker" and "The Buddy Holly Story" come to

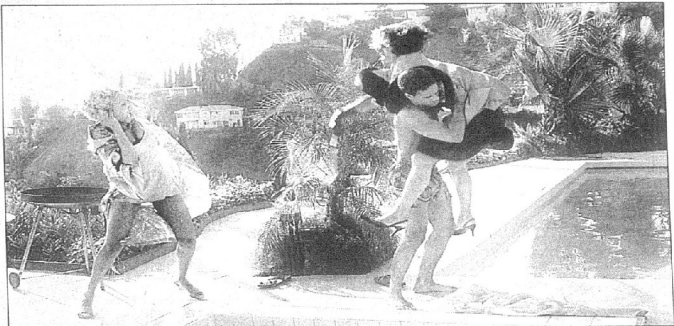
mind.

But few seem to have told it as well as Gregory Nava's new film, a movie that might seem the least likely candidate to go beyond its character-driven story and give us insight into the cultural changes mirrored by music in the 1950s and 1960s.

"Why Do Fools Fall in Love" is the story of Frankie Lymon (of Frankie Lymon and the Teenagers) and the tangled, tragic path his life took after dazzling success with the title song and a string of other hits. The dramatic vehicle is an intriguing true story. Three women came forward after Lymon's death, each claiming to be the rightful widow of the singing star and seeking royalties on his still popular songs. Each claim was questionable, and the matter wound up in a bitterly fought court case. We meet them at the start of this battle.

Through testimony and flashbacks, we learn about Lymon's rise and fall from superstardom to drug addiction and his involvements with three beautiful but very different women.

The female leads — the gorgeous Halle Berry as singing star Zola Taylor of The Platters, Vivica A. Fox as a down-on-her-luck shoplifter and Lela Rochon as a prim school teacher — turn in rich, multi-layered performances. In a telling moment during a break in court proceedings,



Vivica A. Fox, Larenz Tate and Halle Berry in a scene from the Rhino Films' and Warner Bros. film, "Why Do Fools Fall in Love."

one "wife" says to another: "You didn't seem like Frankie's type." The third "wife" chimes in, "It seems everybody was Frankie's type." And therein lies the tale.

Beyond his romances and his problems with a venal manager-songwriter (Paul Mazursky in a strong supporting performance) Frankie's life and music serve as a microcosm for an age that was nothing less than

revolutionary. Here was a young black kid from the streets of New York, singing with a group of mostly Hispanic friends, inventing a new musical sound and winning screams of approval from a predominantly white audience.

In one scene, a pretty blonde jumps on stage to jitterbug with the star during a live TV broadcast, sending shivers through crew members who gasp: "Frankie's dancing with a white woman." The show is quickly canceled. Racism prevails.

The most powerful expression of the era's excitement comes in an amazing cameo appearance by Little Richard whose performance as a trial witness is almost as show stopping as his singing style.

In concert scenes, in street scenes and in the Beverly Hills mansion that is the symbol of Zola Taylor's success we see signposts of the era. Costume designer Elisabetta Beraldo has given us female stars in cocktail dresses with wide swirling skirts and male singers decked out in tuxedos.

SIUE Arts & Issues series achieves a milestone

Southern Illinois University at Edwardsville's Arts & Issues series, soon to begin its 14th annual season, recently achieved a new milestone when it surpassed its old record of season memberships. The series usually sells around 150 season memberships; that number recently reached 182.

An Arts & Issues season membership provides tickets to all seven events, discounts off individual ticket prices, advance ticket exchange privileges and invitations to artists' and speakers' receptions.

For information call 650-2626.

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Health & Fitness

Officials charged about rehabilitation program

Through a new program at St. Elizabeth's Medical Center in Granite City, therapists hope to improve the quality of life for comatose patients and those suffering from other neurological impairments.

Neurologist Dr. Riaz A. Naseer said a person who has had a significant head injury or a major stroke may become either completely unresponsive or partially or completely comatose.

"In the past when we gave them physical therapy, we only worked with the motor functions of the person," Naseer said. "But we also need to get their other faculties back into normal conditions — like intelligence and responses to day-to-day stimuli. For that, you need a very regular and organized way of stimulating their different sensory faculties so they don't completely shut down."

"It's a cognitive rehabilitation program, a comatose rehab program," said certified occupational therapist assistant Brian Wegscheid. "The purpose of the program is to provide patients with organized and enhanced stimulation, which requests an increasingly higher level of motor responses from the patient."

"The goal of this is to help patients regain lost skills, increase independence and resume a meaningful and productive life in their community," he said. "When you have a patient who is comatose or with decreased cognition, their body and their senses are deprived of stimulation. Touch, taste, smell, all of their senses, they don't use them as much. So what we want to do is try to stimulate those areas, so their body doesn't get deprived and then in essence, shut down."

Speech pathologist Pat Hill said the program is in its infancy, but when totally implemented, it will include all therapy specialties and many other staff members.

"It's something that all the therapists will participate in," she said. "It's not just one discipline. This is something that will involve all disciplines and nursing and family members, any caregiver."

"For example, I'll go in and work with the taste of smell," Hill said. "An occupational therapist will go with a different area."

"Most of the time, they don't regain 100 percent of functioning," Wegscheid said. "A lot of patients I have worked with still have some kind of cognitive impairment. For example, we had a patient who was a brick layer and we brought in tools that were familiar to him. We'd slap bricks together and put them in his hands. And he started to come out of it."

"We brought in all kinds of familiar objects and sounds," Wegscheid said. "He started to do 75 percent of his own bathing. He'd walk, and he was very low functioning, semi-comatose for about a month before that."

Hill said everyone is different. "You can't say they'll get back 100 percent or 50 percent. It varies, everybody is an individual. We want them to gain as much as they possibly can, to reach the highest level of functioning and independence possible."

Until now, patients requiring this type of therapy would have to be moved to a different facility. Because of this new program, Naseer sees new and better services in the future.

"Once we are in full operation, around the end of September, it should open the door for neurological services that are not available here now," Naseer said.

Grants available for health projects

Community projects focusing on women's health issues are eligible for grant money.

The grants provide funding for a nine-month period (Oct. 1-June 30, 1999) to projects focusing on general women's health initiatives and osteoporosis.

Applications are due Sept. 9. Approximately \$275,000 is available to support outreach, professional education, screening and behavior modification activities designed to improve women's health. Priority for the general women's health grants will be given to applicants focusing on the issues included in the Illinois

Women's Health Campaign: menopause, mental health, breast cancer, cardiovascular disease and domestic violence. Projects directed at changing health behaviors that cross over a variety of health problems are encouraged. Awards will range from \$5,000 to \$50,000.

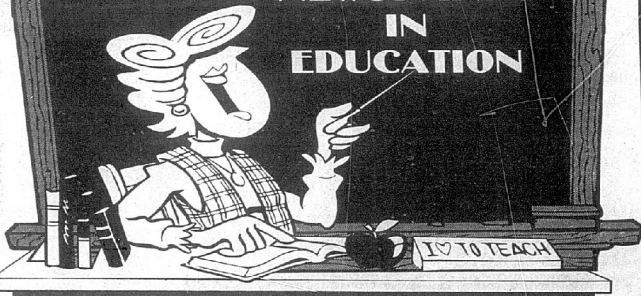
A maximum of \$500,000 is available to fund approximately 35 to 40 programs addressing professional and public education, screening and behavior modification activities designed to improve women's health as it pertains to osteoporosis. Awards will range from \$5,000 to \$50,000.

Eligible applicants include local health departments, not-for-profit entities and community agencies capable of conducting the project, either directly or indirectly through subcontracts. Only Illinois institutions/organizations are eligible.

Applicants may submit two or more proposals. However, the same proposal may not be submitted twice under each fund category.

For more information, write to the Illinois Department of Public Health, Office of Women's Health, 535 W. Jefferson St., Springfield, 62761; or call (217) 524-6089.

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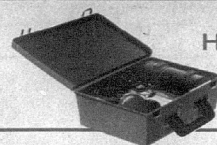
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Today's Food

Today's Food on-line, www.yourjournal.com



Heart-y Bites

Lunch box tempts noon crowd

See Page 2

Food & Nutrition

Wise Ways

Hot-weather athletics and exercise require flood of water.
INSIDE

Blue Ribbon Cook

Year-round fruit salad is an instant refresher when it is frozen.
INSIDE

Test Run

Some local restaurants hold the fat on their bottled salad dressings found in supermarkets.
INSIDE

Micro Raves

Being a honey has sweet results.
INSIDE

Lively Taste

When it comes time for making an omelet this weekend, give it flavor and color by sauteing a pinch of curry powder, with or without finely chopped green bell pepper, before pouring in the eggs. Fill the finished omelet with hot, shredded or diced, cooked chicken and a spoonful of raisins. To tell whether the flavor of curry will "fly," start with a small amount and give the flavors a chance to mellow. Individual taste buds determine whether to add more.

Health & Fitness

Medicine Chest

Despite the recommendation that all women of child-bearing potential take 400 mcg of folic acid daily, less than one-third do so. In a recent study, women who did not take it said they didn't feel they needed the supplement, easily available in a multivitamin. Folic acid also comes in foods, such as fortified breakfast cereals, breads, rice, pasta, orange juice and green vegetables.

Fresh Picks

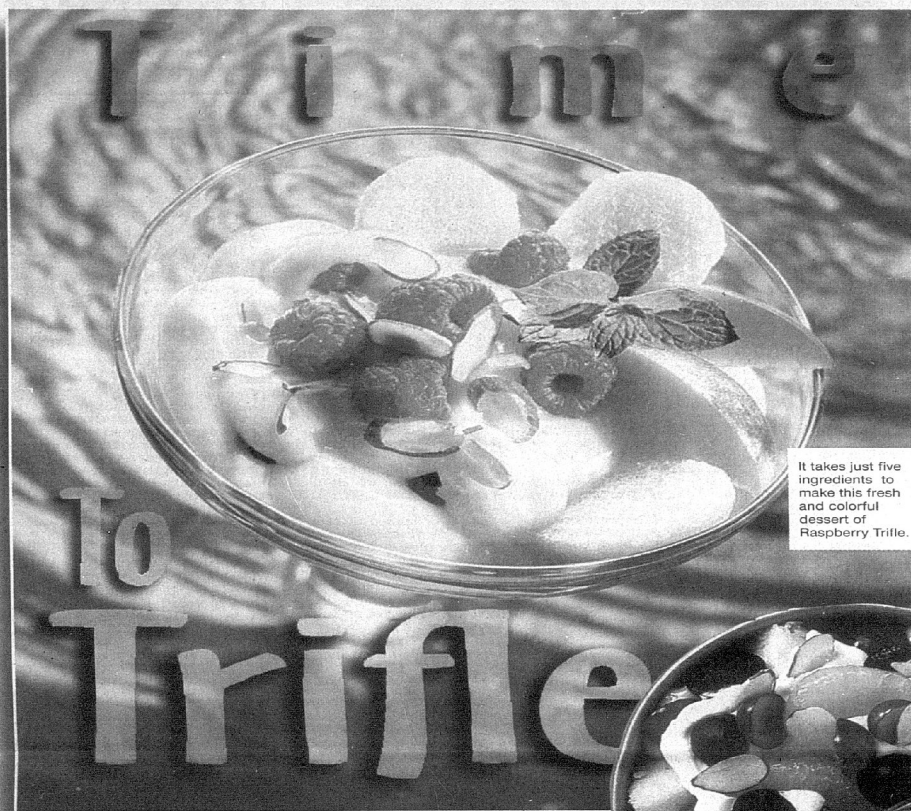
It may not be necessary, but removing the seeds and peel of fresh tomatoes makes sauces and soups smoother and thicker, because some liquid is lost with the seeds. To seed tomatoes, slice off the stem end, hold the tomato in your hand with the palm down and squeeze excess juice and seeds from it. The juice can be caught in a bowl to use as a broth or thinner in dishes. For easy peeling, plunge tomatoes in boiling water 30 seconds, then in cold water and drain. Skins peel off easily.

Big Fat Tip

Serve a cool salmon dip with bite-size fresh vegetables, such as cauliflower and broccoli florets, green bell pepper strips, carrot sticks and sliced cucumber. Combine 1 can (7-3/4 ounces) salmon, drained and flaked, with 1/2 cup light sour cream, 2 tablespoons chopped green onion, 1 tablespoon chopped parsley, grated peel and juice of 1/2 lemon and 1/4 teaspoon favorite seasoning (or seasoned salt). Cover and chill dip until serving time.

Future Shop

In spite of its promising sound, "high potency" listed on a vitamin pill bottle has no legally defined meaning. In March of 1999 new regulations will require that when it is stated on a multivitamin label, it means at least two-thirds of the vitamins are supplied at levels of 100 percent or more of the Recommended Dietary Allowance (RDA), or on supplements of a single nutrient it at least 100 percent of the RDA is supplied. Whether this is good for a person depends on how much more than 100 percent it is and what vitamin it is, because there can be too much of a good thing when it comes to vitamins.



It takes just five ingredients to make this fresh and colorful dessert of Raspberry Trifle.

Mix of cake, creamy pudding, fruit invites takers

By Janice Denham
Staff writer

While a trifle may be made frivolously with cake, a bit of sherry, fruit, plus custard or pudding, there is nothing insignificant about eating one.

As a dessert, it knows no levity.

It is beautiful to behold, appetizing to the spirit and can be made in advance. Loaded with color and flavor, it ranges from decadent to de-light-ful. Most of the time its fans willingly put up with changes to its ingredients, because it is hard to criticize fresh flavors.

Basically a British or Scottish invention,

Switch the fruit on trifle by using whatever fruit is freshest, like grapes, and canned mandarin oranges for a luscious finish to a meal or refreshing, beautiful snack.

the fun starts with cake, preferably spongy so it absorbs a sprinkling of wine, other spirits or juice. There are layers of vanilla custard and fresh fruit — traditionally raspberries, sometimes fruit jam or

See TRIFLE, Inside TODAY'S FOOD Page 2

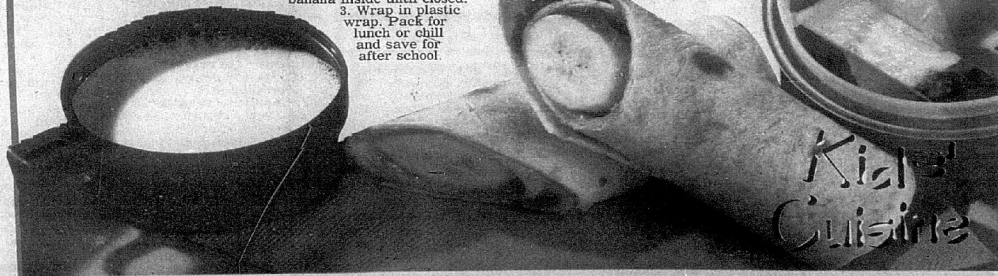
BANANA ROLLS

Peanut butter and jelly is the ultimate flavor in a sandwich. Anyone willing to glamorize it can wrap it into a delicious surprise.

1. Spread one (8-inch) flour tortilla, slightly softened, on one side with 1 tablespoon peanut butter, then spread with 1 tablespoon jelly. Sprinkle 2 tablespoons raisins on top.

2. Lay banana at one end of tortilla. Roll up tortilla with banana inside until closed.

3. Wrap in plastic wrap. Pack for lunch or chill and save for after school.



Kid's Cuisine

Today's Food



A quartet of fat-free dressings bear the names of familiar local providers of delicious foods.

Fat-free zesty dressings still have zingy punch

Fat-free dressings from local food outlets dressed simple lunch salads last week.

HOMETOWN TEST RUN

The Pasta House Co., Zia's and Charlie Gatto's offer their dressings as part of the Famous Restaurants series and are packaged in plastic bottles. Byrnes Mill Farm, located in Byrnesville, bottles its dressing in glass. Each costs \$2.99 at Dierbergs.

"Each of the flavors is very tangy in the fat-free tradition," a tester said. "That includes the one Zia's calls 'sweet Italian,' as well as the fruity blueberry poppy seed dressing from Byrnes Mill Farm."

A tester put Charlie Gatto's at the top of her list of favorites, because it brings out the flavor of the salad vegetables.

"I like that it has a smooth texture, but it's also fat-free. So many of those are real milky and artificial looking. The taste is a nice blend of 'tang' and 'sweet.' It has some bite, but doesn't overwhelm the veggies," she said.

"Another liked the garlic 'bite' and called its color in the plastic bottle 'very appealing.'"

She called the blueberry poppy seed dressing her favorite.

"The combination of tangy vinegar and the flavor of the blueberries was excellent. Too many fruity dressings are ultra-sweet. This would be wonderful on spinach salad with some onion and mandarin oranges. You even get little pieces of blueberries in the dressing," she said.

She thought the Byrnes Mill dressing countered the complaint of many who do not like fat-free dressings because they do not cling to salad vegetables.

Another appreciated its color and flavor.

"It tastes like dressing, not pancake syrup, as some sweet dressings especially raspberry — do.

The color is beautiful, and the poppy seed gives it a bold look," she said.

Zia's and the Pasta House Co. dressings surprised some testers because they appeared to have a pink tint.

"I just don't think of Italian dressing looking like that, although it may have been due to the amount of pepper in them, which was substantial," a tester suggested.

The two seemed attract a similar number of fans, although most preferred one over the other.

"The Pasta House dressing is excellent, with good consistency and sharp flavor," a lover of strong flavors said.

Zia's had larger pieces of pepper and left a strong black pepper taste, while the Pasta House dressing's pepper was in smaller pieces and, according to one taster, tasted "smoother" in the dressing.

A taster advised that all the dressings should be shaken well just before use to get the maximum effect they provide.

A 2-tablespoon serving ranged from zero (Pasta House) to 40 calories. Sodium in the same serving of blueberry dressing was 45 milligrams, in Charlie Gatto's was 150 milligrams, 360 milligrams in Zia's and 490 milligrams in the Pasta House dressing.

Bag school lunches that kids will give top grades

By Cheryl Houston
Correspondent

It is a toss-up. Who dreads the words "back to school" more, children or their parents? The annual event changes lives and sets up a parental challenge of coming up with creative, healthy lunch ideas five days a week, nine months out of the year?

HEART-Y BITES

To make matters worse, what one person perceives as a lunch box loaded with goodies that make a delicious, well-balanced meal, the person who is supposed to eat it may find it boring, weird or just plain gross.

Don't give up hope. Instead, try new ideas to beat lunch-box doldrums. • Start with the lunch box itself. Let your children select a box or reusable lunch bag they feel expresses their individuality. Be sure the sack or box includes or accommodates a thermos with an opening wide enough for a spoon, so it can pack soup, pasta or other favorites to school.

• Get creative in the presentation. Lunches are more enticing in clever packaging. Colored plastic wraps, unusual containers, ribbon and stickers make unique lunch-box additions. • Create menu ideas

around a theme. For example, try packing a tuna salad sandwich with goldfish crackers and a few gummy worms for a fisherman's delight.

• Make the ordinary extraordinary. Dress up a simple sandwich, peanut butter and jelly, by adding sliced banana or apple, fresh berries, grated carrot, dried apricots, raisins or apple rings.

• If your children beg for one of the popular prepackaged lunch meals, offer them only occasionally. These meals are often high in fat, salt and sugar.

• Carrots, celery sticks or broccoli florets with a small container of salad dressing for dipping make a better low-fat inclusion. To keep veggies from drying out, wrap them in a damp paper towel.

• Other great low-fat additions include string cheese made from mozzarella cheese, graham crackers broken in long strips and used for dipping in low-fat pudding, and baked tortilla chips with a small container of salsa.

• Use bread beyond traditional slices. Try pita bread, flour tortillas, a bagel or hot dog roll.

• Be sure to battle lunchtime boredom by enlisting the help of your children each evening. They should be involved at

all steps, from planning the menu to shopping, preparing and packing their choices. Weekends, school holidays and snow days are great times to get ahead by making lunch-box treats, such as muffins, cookies or a pot of soup.

For something different and delicious, try this snack from the American Heart Association's "Kids' Cookbook." It is so easy to prepare, even the youngest grade schooler can help put it together.

Registered dietitian Cheryl Houston is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

POP SNACK

- 1 pkg. light microwave popcorn, popped
- ¾ cup dried apples, peaches or other favorite dried fruit
- ½ cup small, unsalted pretzels
- ¼ dry-roasted peanuts
- ¼ cup raisins

Combine popcorn, fruit, pretzels, peanuts and raisins.

Makes 4 lunch-box servings; 121 calories, 3.5 g protein, 18.5 g carbohydrate, 4.5 g fat, no cholesterol and 24 mg sodium each.

Luscious variety fruit mix heads to freezer

Naomi Moeller, St. Louis County, is this week's winner of dinner certificates to the Pasta House Co. for Any-Season Luscious Frozen Fruit Salad.

BLUE RIBBON COOK

This has been a regular recipe in Moeller's repertoire for so long she cannot remember where she got it. However, she says, "I've never served it without someone asking me for the recipe."

It is easy and fast to make and delicious to enjoy. One aspect of the dish is that, because it can be frozen, leftovers are fresh and ready to use another time. She suggests garnishing individual servings with a sprig of fresh mint.

This month opens a special contest for those who provide birthday treats. Some people always request a certain cake, while others prefer pie or a part of the meal, like lasagna, which seems to sing "Happy Birthday" whenever it is served.

Whatever that treat is, send the recipe to: Birthday Request Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis 63131.

Each Wednesday in October a winner will be chosen on the basis of taste and eye appeal, as well as originality, although the recipe need not be original. That means there will be four winners.

Double-check directions and specific amounts, giving variations that individualize the recipe.

If possible, tell where the recipe came from and share specific information about special touches that give it a personal signature or a story about when it was served or developed. Indicate which *Journal* newspaper you receive.

Duplicate entries will be considered on the basis of earlier entry or best compliance with rules. Contest winners may enter again six months after their prize-winning publication date.

ANY-SEASON LUSCIOUS FROZEN FRUIT SALAD

- ½ cup chopped pecans
 - 1 can (17½ oz.) pineapple chunks, drained
 - 1 can (16 oz.) dark sweet cherries, drained (frozen cherries can be used)
 - 1 carton (12 oz.) frozen whipped topping, thawed
 - 1 carton (8 oz.) lemon yogurt
 - ½ cup mayonnaise (light can be used)
 - Lettuce leaves and/or sprigs of fresh mint, if desired
- Mix together pecans, pineapple and cherries. Mix well.
- Combine whipped topping, lemon yogurt and mayonnaise. Fold into fruit. Spoon mixture into 12-by-8-inch baking dish. Freeze until firm.
- Cut in squares to serve. Serve on crisp lettuce leaf. Garnish with mint. Makes 12 servings.

Trifle

Continued from page 1. preserves, and a topping of whipped cream. Almonds and almond macaroons (if available) are mentioned among ingredients.

Because of the colors and the layering, a glass bowl with straight sides shows off a trifle best. It is possible to find a "trifle bowl." One on a pedestal is coveted. Covered cake stands are readily available, but very expensive, where the glass top can be filled and sit on the stand. This would gather oaths and alms.

Sponge cake, angel food cake or ladyfingers are most often used, although the sky is the limit for ingredients. It is best to avoid a crumbly cake, although it is a wonderful way to use any cake that is left over.

The cake is sprinkled with sweet wine, like sherry, or brandy, schnapps or rum. For other tastes, orange or another juice or nectar is a likable replacement. Several tablespoons suffice, although recipes show up to ¼ cup. Ideally, it should enhance, not overpower, the assembly and not make the cake soggy.

Then the preserves are spread on the cake. If using a solid cake, it is easy to spread it on half the slices, then cube the little sandwiches to line the bowl.

The point is to let the variety of colors and textures show, so sometimes the preserves-covered cake goes to the outside of the bowl, then the cake is sprinkled with sherry, before adding the custard and fruits.

Whatever ingredients are left go in layers until they are all used. If there is a big variety of fruits, arrange them to the eye —

kiwifruit like a fence with raspberries at its base, more berries, grapes and oranges layered in the bowl with custard and cake, plus starfruit at the top.

When it comes to the top, whipped cream is the coup de grace. A sprinkling of almonds and a few raspberries add to the image. The entire dish is served chilled, so it can be put together several hours, and to 24 hours, before it is served.

Variations come mostly by season or flavor or by a desire for increasing or diminishing calories.

For instance, vanilla pudding is easy to use in an American trifle. These recipes call for using a mix that needs cooking. For more calories, finish it with sour cream. For less richness but still lots of creaminess, make it with nonfat milk.

Jeanne Jones, in "Cook It Light Desserts," makes an easy custard by combining 2 cups nonfat milk and 2 tablespoons cornstarch in a saucepan until the cornstarch is dissolved, then adding ¼ cup sugar, 4 egg whites (lightly beaten) and 2 teaspoons oil. Slowly the mixture is brought to a boil, stirring constantly until it thickens. After removing it from the heat, she adds 1½ teaspoons vanilla and 1 teaspoon of any other extract she wants for flavor.

Strawberry jam with strawberries, firm colored gelatin instead of fruit and almond macaroons sprinkled with almond-flavored liqueur all have their advocates.

Then there is the autumn trifle, made with a spice cake and butterscotch pudding that uses milk, canned pumpkin and pumpkin-pie spices for its creamy layers. Replace the

liquor on this one with apricot nectar and spread the cake with apricot preserves.

Of course, the chocoholic has his say, too. For a dark chocolate variation, try sprinkling 2 to 4 tablespoons rum or kirsch over a single layer of devil's food cake, cut in half. Use cherry pie filling and chocolate pudding for a Black Forest effect.

Those who prefer white chocolate can cook a large (6-serving) package of vanilla pudding, using 3 cups milk, and in 6 squares white chocolate, coarsely chopped, until the mixture is smooth and the chocolate is melted. Cover the top with plastic wrap and chill it, then fold in 1 cup whipped topping before using it to layer with fruits and cake desired.

RASPBERRY TRIFLE

- 1 pkg. (4 servings) cook-and-serve vanilla pudding mix
- 2 cups (1 percent) milk
- 1 pkg. (3 oz.) ladyfingers, thawed if frozen
- ½ pt. fresh or 2 cups frozen unsweetened raspberries, thawed, drained
- 3 tbsp. sliced almonds, toasted

Cook pudding with milk according to package directions. Remove from heat. Cool, stirring occasionally, at least 15 minutes.

Separate ladyfingers into sections; open each split section into halves. Line bottom and 1½-inch up side of 1-quart bowl or soufflé dish with most of the ladyfingers, breaking to fit.

Four one-third pudding into ladyfinger lining. Top with half the raspberries and any remaining ladyfingers. Pour another third of the pudding on top, then top with remaining raspberries, reserving a few for garnish. Spoon remaining pudding evenly over berries.

Cover with plastic wrap. Chill at least 4 hours until cold.

Just before serving, sprinkle with almonds and garnish with reserved raspberries.

Makes 6 servings, 170 calories and 3 g fat each.

Variations: Replace ladyfingers with 2 cups cubed angel food cake or light pound cake. Stir cake into one-third pudding mixture and layer with combined 2 cups diced fresh peaches, nectarines, raspberries, sliced strawberries or blueberries.

GREAT GRAPE TRIFLE

- 1 pkg. (4 servings) cook-and-serve vanilla pudding mix
- 2 cups low-fat milk
- 1 (14 oz.) pound cake, cut in 1 inch cubes
- ½ cup cream sherry
- 3 cups seedless grapes, halved
- ½ cup sliced almonds, toasted
- 1 cup whipping cream, whipped, or 2 cups low-fat whipped topping, defrosted if necessary
- 1 can (11 oz.) mandarin oranges, drained
- Small grape clusters

Combine popcorn, fruit, pretzels, peanuts and raisins.

Makes 4 lunch-box servings; 121 calories, 3.5 g protein, 18.5 g carbohydrate, 4.5 g fat, no cholesterol and 24 mg sodium each.

milk according to package directions. Place waxed paper or plastic wrap on surface. Cool completely.

In bottom of 2-quart trifle bowl, place one-third pound cake cubes. Drizzle with 2 tablespoons sherry. Top with one-third pudding, half the grapes, one-third almonds, one-third whipped cream and half the oranges. Repeat layers.

Place remaining cake on top, drizzle with remaining sherry, top with remaining pudding and decorate with whipped cream. Sprinkle with remaining almonds. Cover and refrigerate 4 to 6 hours.

Just before serving, decorate top with grape clusters.

Makes 12 servings.

Don't let the grill cool yet; warm tangy, fruity kabobs

September has a way of sliding into effect. More than a simple turn of the calendar page, it portrays a mental change in the way of doing business.

With exacting schedules and events, it needs individual participation, but it does not mean the outdoor grill is ready to be put away for the season. It is a good time to put it to further use, this time for fresh fruit and vegetables, perfect for the on-the-go, increasingly health-conscious world expanding its eating horizons that doesn't want cleanup to consume its time.

Grilled fruit skewers are a low-fat, low-calorie, colorful addition to the patio table, plus they pack a nutritious punch. Grilling brings out the sweetness in fruit, while adding a lightly smoky flavor. Add a simple dipping sauce for a cool counterpoint.

Another way to distinguish favorite grill flavors is to add toss smoky vegetables with fresh and savory seasonings and a cool dressing, as in Grilled New Potato and Carrot Salad.

GRILLED FRUIT SKEWERS WITH COOL SAUCE

- 1 cup fresh orange juice
- 1 cup nonfat plain yogurt
- 1 tsp. honey
- 1/2 tsp. poppy seeds
- 1 fresh pineapple, cored, cut in 1 inch chunks, or 1 can (20 oz.) pineapple chunks, well drained
- 3 peaches or nectarines with skin, cut in 1 inch chunks
- 3 plums with skin, pitted, quartered
- 2 firm bananas, sliced 1 inch thick
- 12 strawberries

In small saucepan, bring orange juice to boil over medium-high heat. Cook and reduce juice to about 1/2 cup, being careful it does not burn as it thickens. Let cool; mixture may gel.

In small serving bowl, combine juice with yogurt, honey and poppy seeds. Refrigerate.

Thread pineapple, peaches, plums, bananas and strawberries on skewers (if wooden, first soak in water 30 minutes), alternating fruit. Grill skewers, turning often, 10 to 12 minutes until fruit is just colored and warmed through.

Serve fruit with cool dipping sauce.
Makes 6 servings; 248 calories, 2 g fat, 58 g carbohydrate, 34 mg sodium and 10 g dietary fiber each.

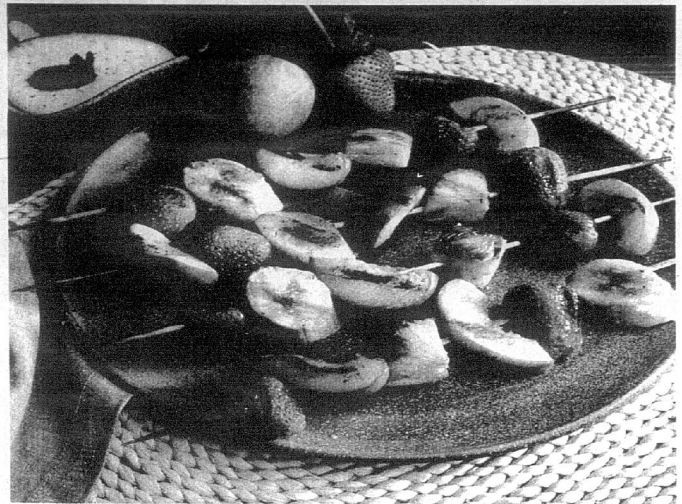
GRILLED NEW POTATO AND CARROT SALAD

- 3 lb. new potatoes
- 2 carrots, scrubbed well
- 1 tsp. olive oil
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 cup cherry tomatoes, halved
- 1 tsp. chopped fresh Italian parsley
- 2 tsp. chopped fresh basil
- 1 tsp. chopped fresh oregano

Dressing
Slice potatoes in half, or quarter large ones. Toss in olive oil. Season with salt and pepper. Lightly brush carrots with remaining oil.

Place potatoes cut-side down and whole carrots on grill. Grill 20 minutes or until tender and golden brown, being careful not to burn vegetables.

When potatoes are done, toss with Dressing. Slice carrots diagonally 1/4-inch thick. Toss with potatoes. Add tomatoes, parsley.



Place kabobs of tropical fruits over the heat from the grill until they warm, then dip them into a cool, orange and poppy seed sauce.

NEW YORK DELI BURGER

- 1 cup ketchup
- 1/4 cup mayonnaise
- 1 lb. lean ground beef

- 1/2 tsp. onion powder
- 1/4 tsp. garlic powder
- 1 Deli rye bun
- 4 slices sharp cheddar cheese
- Kosher dill pickle sandwich slices

Blend ketchup and

mayonnaise. Mix together ground beef and onion and garlic powder. Form into 4 patties. Grill to desired doneness. Serve burgers on buns with cheese, pickles and ketchup mixture. Makes 4 servings.

Easy grilled dinner spells success for holiday fun

Even if summer is drawing to a close, there is plenty of time to enjoy the lingering warm weather and extend that invitation to friends for a relaxed, alfresco meal. While Labor Day honors the working person, it also should not put pressure on the person who takes over the meal that makes it a special day. Hopefully, it will be a day of sunshine, soft breezes and leisurely pursuits before the fall season winds into an

autumn frenzy. Steaks cooked on a grill are a fitting answer. Steak is the single most popular beef dish served at home, accounting for more than 18 percent of the beef eaten there. Beef prices have been reliably economical

this year and the Labor Day holiday should prove no exception. They also tell guests they are special, even if they make an easy meal for the cook.

Just season the steaks with a fresh blend of rosemary, garlic and pepper, then grill to perfection with an accompaniment of steak fries alongside. For convenience, use frozen fries and season them with the same rosemary blend. A bagged mixed green salad rounds out the menu. Fresh fruit of the season and a sorbet in a matching flavor easily finishes the meal.

ROSEMARY-PEPPER BEEF WITH STEAK FRIES

- 4 (about 8 oz. each) boneless beef top loin steaks, 1 inch thick
- 1/2 bag (28 oz. size) frozen steak fries
- Salt, if desired
- 1 tsp. olive oil
- 2 tsp. finely chopped fresh or 3/4 tsp. dried rosemary
- 2 large cloves garlic, crushed
- 3/4 tsp. coarse-grind pepper

In large bowl, combine olive oil, rosemary, garlic and pepper. Reserve about 2 teaspoons mixture, evenly press remainder into both sides of each steak. In bowl, toss potatoes with remaining seasoning to coat them.

Place steaks in center of grid over medium ash-covered coals. Arrange potatoes around meat. Grill 15 to 18 minutes for medium-rare to medium doneness, turning steaks and potatoes occasionally. Season potatoes with salt. Serve with steaks.

Note: Arrange potatoes around outer edge of grill where coals are slightly cooler. Because they are precooked, they need only to be heated.

FROZEN YOGURT PARFAIT

In blender, puree 6 ounces frozen unsweetened berries with 3 tablespoons sugar, 1 tablespoon lemon juice and 1 teaspoon grated lemon rind. Spoon into bowl. Stir in another 6 ounces frozen berries.

Makes 4 servings; 492 calories, 48 g protein, 23 g carbohydrate, 22 g fat, 280 mg sodium and 121 mg cholesterol each (without added salt).

In 4 individual parfait glasses or glass mugs, layer fruit puree with softened frozen yogurt (1 cup per serving; 1 pint total). Freeze 45 minutes.

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By Barb Gra

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Honey gives sweet edge over centuries of use with sport or at practice during end of summer

By Barb Gray
Correspondent

Honey holds the honor of being the oldest sweetener known to man, but it also was the only one in widespread use until sugar cane was discovered in the New World and cultivated on a large scale.

All ancient literature mentions honey and honey bees with much feeling and gratitude for their bounty.

The Bible perhaps expressed this best by speaking of a land "flowing with milk and honey."

Honey is a sweet, sticky liquid made by bees from the nectar of plants.

The bees suck the nectar from the flowers and store it in their honey sacs where it undergoes changes. Later the bees deposit the liquid in honeycombs where it evolves into honey.

Throughout the world honey was used not only in cooking, but also for medicinal purposes, in

ceremonies and in worship.

In today's society, honey is available year-round in jars, cans, pails and cardboard containers.

The flowers from which bees gather nectar largely determine honey's color, flavor and aroma. When there is no designation of the flower source on the container, the honey is a blend of floral types. Sweet clover, clover and alfalfa honey constitute well over half the honey produced in this country.

Because honey caramelizes at a low temperature and browns quickly, low to moderate temperatures must be used for baking. Because honey constitutes a liquid in recipes, it must be measured accurately. Thick honey rounds up over the top of a measuring spoon or cup, so it can be cut off with a spatula.

Certified family and consumer scientist Barb Gray specializes in microwave cooking.

water on high power 5 to 7 minutes, stirring halfway through cooking. Let stand, covered, 3 to 5 minutes. Drain.

In second dish, microwave margarine 30 seconds it melts. Stir in flour. Add milk, honey and salt. Stir until well blended. Microwave 1 to 2 minutes on high, stirring every 30 seconds, until thickened. Stir in carrots until blended. Sprinkle with almonds. Makes 4 to 6 servings.

HONEY-NUT CARROTS

- 1 lb. carrots, sliced 1/4 inch thick
 - 1/4 cup water
 - 1 tbsp. margarine or butter
 - 2 tsp. flour
 - 1/2 cup skim milk
 - 2 tsp. honey
 - Pinch salt
 - 1/4 cup toasted almonds
- In 2-quart casserole, microwave carrots and

By Jananne Flinck
Correspondent

Water is important for everyone, but especially for the athlete. Now that school sports are under way in the heat, it is time for a primer 101 in the reasons. Just because it is September, rather than August, it is not time to skip class.

WISE WAYS

Water keeps a person from overheating. Sweating and evaporation from the skin cools down the body. However, water is lost in the cooling process. That can be dangerous if the water is not replenished. When a body runs low on water, it can overheat. Losing just two percent of the body's water can hurt an athlete's performance. A five percent loss can cause heat exhaustion. A seven to 10 percent loss can result in

heart stroke and death. Thirst is the body's signal that a person needs to drink water. The problem is that by the time thirst is noticed, one to two percent of that water already may be lost. Just drinking enough to satisfy thirst may not supply a real need.

When a teen or adult athlete participates in a sporting event or practice session, follow these guidelines:

- Do not wait until you are thirsty before drinking water.
 - Drink more than enough to satisfy your thirst.
 - Drink more than you think you need before an event or practice to make sure you are fully rehydrated.
 - Drink plenty of fluids after the activity.
- The best strategy during practice or competition is to drink moderate amounts of water at frequent

intervals. Robert Reber, University of Illinois Extension nutrition specialist, recommends about one cup (six to eight ounces) of cool (40° to 50°) water every 15 to 20 minutes during an activity. This is about right for most athletes.

Be careful not to drink too much water too quickly or stomach cramps and other discomforts may develop.

A final recommendation is to avoid caffeine-containing beverages as fluid rehydration drinks shortly before, during and after a practice or competition. Caffeine acts as a diuretic, so it increases urine output.

Registered dietitian Jananne Flinck is nutrition and wellness educator with the University of Illinois Extension Service at the Springfield Center.

County fair will fly high

Not everything will be up in the air at the St. Louis County Fair and Air Show, held Friday to Monday at the Spirit of St. Louis Airport, Chesterfield.

At 10:30 a.m. Sunday, 12 bakers will bring their fruit pies to the Suburban Journals' test for judging. Finalists are: Pat Stevens, Linda Collins and Sylvia Indelicato, St. Louis County; Amy Endrizal, Glendale; Sue Custer, St. Ann; Susan Pini, St. Charles; Martha Patterson, Kimmswick; Isabelle McDermott, Rest Bud; Norma Kelly, Hanley Hills; Eileen Kruse, Kirkwood; Betty Ann Guenther and Maryalice Griffith, Florissant.

Recipes for all the pies will be available at the event, as well as at the information desk at the fair, while supplies last. To receive one by mail, send a self-addressed, stamped envelope to: 1998 County Fair Pies, Suburban Journals, 1714 Deer Tracks Trail, St. Louis 63131.

With an eye to building stronger bones, the Milk Mustache Mobile will roll into the fair Sunday and Monday. It will be near the Suburban Journals' tent.

Anyone can have a milk mustache photo taken and be considered to become the local contestant for the www.whymilk.com website, where celebrities, like Spike Lee, Ron Howard and the Simpsons, sport milk mustaches to encourage fans to drink more milk for stronger bone health.

The Better Bones Tour is choosing a local star at 100 stops this year, from which the photo of a single "celebrity" will be chosen to appear in a People magazine ad.

A person who brings proofs of purchase for two gallons of milk also is eligible for prizes, such as a poster or T-shirt.

Another service of the Milk Mustache Mobile is to offer an opportunity to discuss bone health and osteoporosis prevention with a St. Louis District Dairy Council dietitian.

Registered nurses also will measure women's bone density at the heel with a Sahara Clinical Bone Sonometer.

The free test is primarily for women of post-menopausal age. Food editor Janice Denham will have the test taken at noon Sunday as a benchmark for health reference.

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Today's Food

Trip to Northwest tours diverse regional fare from fearless fishermen

Homegrown ingredients and simple garnishes are the hallmark of cuisine of the Northwest, a cooking style that highlights the diverse food produced by a region known for fearless fishermen, hard working farmers and hearty lumberjacks.

GOOD FOOD GOOD HEALTH

Typical fare ranges from salmon, oysters, halibut, clams and crabs, to raspberries and merionberries, Washington apples and cherries, Walla Walla onions, hazelnuts and wild mushrooms.

Along the Pacific coastline, there is a wide variety of seafood, including clams, smelts, Dungeness crab and Pacific oysters. Salmon, however, is the most famous product from its ocean waters. It was a favorite food of the Chinook Indians, who baked it by tying it to vertical boards leaned toward smoldering coals. Today it is prepared in more ways than any original settler could have imagined: pickled, smoked, broiled, grilled and barbecued. When the first French and British fur traders arrived, they mimicked the Indians by living off the bounty of indigenous fruits, vegetables and grains. Food was so abundant, there was no need to farm. Even today, more than 30

percent of apples, 90 percent of raspberries and 99 percent of the hazelnuts found in American supermarkets are grown in the Pacific Northwest region.

Known for their surprising sweetness, onions from the Northwest are a prized agricultural product. One way to enjoy their flavor is to grill them about 3 minutes in 1/2-inch-thick slices until they soften slightly and turn golden brown. Turn them over to cook about 3 minutes longer until tender. Serve with a sweet-and-sour dressing made with fresh orange juice, olive oil, red wine vinegar, honey and a pinch of salt and pepper.

Largely grown in the Northwest, buckwheat serves as a common ingredient in many pancake recipes served alongside the region's renowned summer berries. If buckwheat's nutty flavor seems too strong on its own, substitute half the buckwheat flour with whole wheat flour. Include a cupful of fresh blueberries for additional sweet, juicy flavor.

Tarragon is still a favorite herb with the descendants of the Scandinavian settlers in the Pacific Northwest. Serve this salmon entree with steamed new red potatoes and green beans.

For a free brochure with

ways to eat healthy meals away from home, write to: American Institute for Cancer Research, Department AE, P.O. Box 97167, Washington, D.C. 20090-7167.

SALMON WITH MUSTARD SAUCE

- 1 tbsp. Dijon mustard
- 1 tbsp. honey
- 4 salmon steaks, about 1 inch thick
- 4 tsp. (1/4 cup) chopped fresh tarragon
- 4 slices tomato
- 4 tsp. nonpareil (small) capers
- 1/4 cup dry white wine
- 1/4 cup water

Preheat oven to 400°. In small bowl, combine mustard and honey. Spread on one side of salmon steaks. Place steaks mustard-side up in baking pan large enough to hold them in one layer.

Sprinkle salmon with 3 tablespoons tarragon. Top each steak with 1 slice tomato and sprinkle with remaining tarragon. Scatter 1 teaspoon capers over each steak. In small bowl or cup, combine wine and water. Pour into pan around, but not over, fish. Bake fish in preheated oven about 15 minutes.

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NECTARINE SUNDAY PIE

Sweeten sliced fresh

nectarines with sugar or artificial sweetener and let stand until juices flow. Fill prepared crumb crust with scoops of ice cream or frozen

yogurt, then top and fill in with nectarines. If desired, softened ice cream can be used on top and smoothed with back of spoon.

BONELESS SWISS STEAK.....	\$1.59 LB.
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KRAFT VELVEETA CHEESE..... \$3.79

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PRAIRIE FARMS ICE CREAM..... \$2.99

Today's Food

Don't let the grill cool yet; warm tangy, fruity kabobs

September has a way of sliding into effect. More than a simple turn of the calendar page, it portrays a mental change in the way of doing business.

With exacting schedules and events, it needs individual participation, but it does not mean the outdoor grill is ready to be put away for the season. It is a good time to put it to further use, this time for fresh fruit and vegetables, perfect for the on-the-go, increasingly health-conscious world expanding its eating horizons that doesn't want cleanup to consume its time.

Grilled fruit skewers are a low-fat, low-calorie, colorful addition to the patio table, plus they pack a nutritious punch. Grilling brings out the sweetness in fruit, while adding a lightly smoky flavor. Add a simple dipping sauce for cool counterpoint.

Another way to distinguish favorite grill flavors is to add smoky vegetables with fresh and savory seasonings and a cool dressing, as in Grilled New Potato and Carrot Salad.

GRILLED FRUIT SKEWERS WITH COOL SAUCE

- 1 cup fresh orange juice
- 1 cup nonfat plain yogurt
- 1 tsp. honey
- 1/2 tsp. poppy seeds
- 1 fresh pineapple, cored, cut in 1 inch chunks, or 1 can (20 oz.) pineapple chunks, well drained
- 3 peaches or nectarines with skin, cut in 1 inch chunks
- 3 plums with skin, pitted, quartered
- 2 firm bananas, sliced 1 inch thick
- 12 strawberries

In small saucepan, bring orange juice to boil over medium-high heat. Cook and reduce juice to about 1 tablespoon, being careful it does not burn as it thickens. Let cool; mixture may gel.

In small serving bowl, combine juice with yogurt, honey and poppy seeds. Refrigerate. Thread pineapple, peaches, plums, bananas and strawberries on skewers (if wooden, first soak in water 30 minutes), alternating fruit. Grill skewers, turning often, 10 to 12 minutes until fruit is just colored and warmed through.

Serve fruit with cool dipping sauce.

Makes 6 servings; 248 calories, 2 g fat, 58 g carbohydrate, 34 mg sodium and 10 g dietary fiber each.

GRILLED NEW POTATO AND CARROT SALAD

- 3 lb. new potatoes
- 2 carrots, scrubbed well
- 1 tbsp. olive oil
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 cup cherry tomatoes, halved
- 1 tbsp. chopped fresh Italian parsley
- 2 tbsp. chopped fresh basil
- 1 tsp. chopped fresh oregano

Slice potatoes in half, or quarter large ones. Toss in olive oil. Season with salt and pepper. Lightly brush carrots with remaining oil. Place potatoes cut-side down and whole carrots on grill. Grill 20 minutes or until tender and golden brown, being careful not to burn vegetables.

When potatoes are done, toss with Dressing. Slice carrots diagonally 1/4-inch thick. Toss with potatoes. Add tomatoes, parsley. Add tomatoes, parsley.

ORIENTAL CHICKEN SALAD

Combine 1 cup Oriental salad dressing and 1/2 cup dark brown sugar.

In shallow dish, pour 1/2 cup dressing mixture over 4 boneless, skinless chicken breast halves. Marinate, covered, in refrigerator up to 3 hours. Refrigerate remaining marinade.

Drain and discard used marinade.

Grill or broil chicken until no longer pink.

To serve, arrange 8 cups mixed greens on individual plates. Top with snow peas, chopped green onion and shredded carrot. Slice chicken and arrange over salads.

Drizzle with remaining marinade. Makes 4 servings.

Recipe

GRILLED BALSAMIC AND SOY FLANK STEAK

- 1/2 small onion, coarsely chopped
- 3 cloves garlic, chopped
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 1/4 cup soy sauce
- 1 tsp. Dijon mustard
- 1 tsp. rosemary
- 1 tsp. salt
- 1/2 tsp. freshly cracked pepper
- 1 (about 1 1/2 lb.) beef flank steak

Using wire whisk or hand blender, combine onion, garlic, oil, vinegar, soy sauce, mustard, rosemary, salt and pepper about 30 seconds until well combined.

Place meat in large casserole dish. Pour marinade on top. Marinate at least 30 minutes, or up to 2 days.

Over hot coals, grill steak 6 to 8 minutes on each side (medium-rare) until golden and cooked to desired doneness.

Transfer grilled steak to serving plate or dish to collect juices. Let sit 5 minutes. Using sharp knife, cut in thin slices.

To serve, drizzle collected meat juices over beef.

Makes 4 servings.

Note: Double marinade ingredients and reserve half to use for basting meat while grilling, if desired.

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Recipe

FRUITY CHICKEN SALAD

- 1 envelope honey French or Italian salad dressing
- 3 cups cooked orzo (rice-shaped) pasta
- 2 cups diced cooked chicken
- 1 cup red or green seedless grapes
- 1/2 cup diced carrot
- 2 tbsp. chopped toasted almonds

Prepare salad dressing

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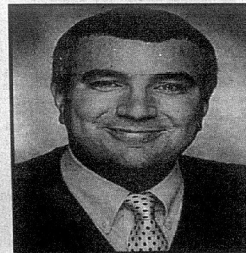
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Carol Daniel



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Lay's
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ASSORTED VARIETIES
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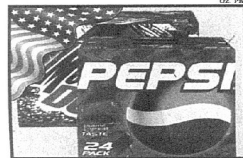
ALL MEAT
Hunter
Hot Dogs..... **69¢**
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Pork Sausage..... **2/\$4**
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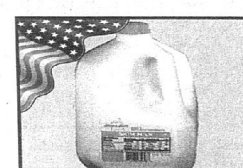
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Bagels..... **89¢**
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ASSORTED VARIETIES
Kraft Shredded
Cheese..... **2/\$4**
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Kraft
Velveta..... **3.89**
16-oz. Pkg.



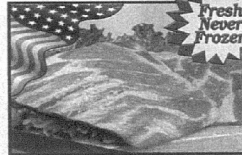
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Cheddars.....
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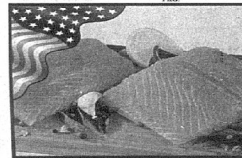
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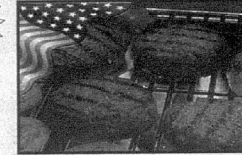
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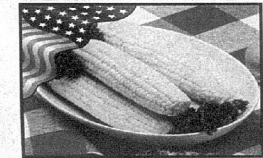
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Pasta..... **5/3.95**
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